

Intermittent Fasting

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The Question

What works better: one Cleanse Day per week or two consecutive Cleanse Days, when calories are the same?

Study Design

- 20 adults who were overweight or obese
- Compared 1 Cleanse Day (36 h) vs. 2 Cleanse Days (60 h) per week
- Both followed the Isagenix System of Shake Days + Cleanse Days
- Calories and nutrients balanced; high compliance

Results in Just 4 Weeks

Measure	1 Day	2 Days
Weight	-5.2%	-7%
Waistline	-5 cm	-7.6 cm
Body Fat	-4.5%	-6%
Lean Mass	Maintained	Maintained
Desire to Eat	-44%	-44%
Food Quantity	-30%	-30%

Other Benefits:

- Lower blood pressure
- Improved cholesterol
- Reduced triglycerides
- Increased fiber
- Less sugar
- Less sodium

Takeaway

Both one-day and two-day cleanses deliver real results in just four weeks. Two days may give a slight edge for weight and waistline, but either approach supports weight management, appetite control, and overall health.

Product Spotlight: Cleanse for Life®

Science shows Cleanse Days support weight loss, appetite control, and overall wellness. Cleanse for Life provides gentle nourishment and targeted botanicals designed to support the body during intermittent fasting.

Learn More

