

Gut Microbiome & Metabolic Health

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The Question

Does the Isagenix System uniquely improve gut microbiome balance and metabolic health compared to a calorie-matched heart-healthy diet?

Study Design

- 41 adults who were overweight or obese (high compliance)
- 8-week randomized comparison:
 - Isagenix System: intermittent fasting (Cleanse Days) + protein pacing
 - Heart-Healthy Diet: daily calorie restriction
- Samples collected at weeks 0, 4, and 8; plasma metabolome, gut microbiome, and cytokines
- Participants completed gut health questionnaires

Results in 8 Weeks

Measure	Heart Healthy	Isagenix System
Gut Microbiome	Improved	Greater, more favorable shifts
Plasma Metabolome	Improved	Stronger improvements, including fat oxidation
Cytokines	Stable	Increased proteins linked to fat burning, weight loss, immune support
Digestive Symptoms	Present	Reduced (less bloating, less constipation)

Other Benefits: Both diets improved health, but the Isagenix System drove more favorable microbiome remodeling, stronger metabolic responses, and reduced digestive symptoms.

Takeaway

Both diets provided benefits, but the Isagenix System delivered unique advantages for gut health and metabolism — highlighting the role of Cleanse Days in supporting these outcomes.

Product Spotlight: IsaLean® Protein Shake

This study showed the Isagenix System supported favorable changes in the gut microbiome and metabolism while reducing GI symptoms. IsaLean Protein Shakes provide balanced nutrition with high-quality protein, fiber, and essential nutrients to help support overall health and wellness.

Learn More

