

Weight Loss & Toxins

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The Question

Can an Isagenix System that combines Shake Days and Cleanse Days support healthy weight loss and maintenance while influencing the release of stored environmental compounds and oxidative stress?

Study Design

- Adults (ages 30–65) who were overweight or obese
- Duration: 64 weeks total — 12 weeks weight loss, 52 weeks maintenance
- Phase 1: All participants followed the Isagenix System (protein pacing + one Cleanse Day per week)
- Phase 2: Participants either continued the Isagenix System or followed a heart-healthy diet
- Measured weight, body fat, circulating PCBs, oxidative stress (TBARS), and antioxidant capacity (TAC)

Results

After 12 weeks on the Isagenix System, participants lost about 10% of their initial body weight and experienced significant reductions in oxidative stress with increases in antioxidant capacity. A temporary rise in circulating PCBs was observed, reflecting the natural release of compounds stored in body fat during weight loss.

Over 52 weeks, participants who continued a modified Isagenix System maintained greater weight loss and better antioxidant balance than those following a heart-healthy diet, without increases in oxidative stress.

Takeaway

A structured plan with protein pacing and periodic Cleanse Days supported effective weight loss and long-term maintenance while promoting a healthy antioxidant balance during the body's natural detox process.

Product Spotlight: Ionix® Supreme

A nutrient-rich adaptogenic tonic that helps your body manage stress and stay balanced. Made with botanicals, vitamins, and minerals to support focus, energy, and overall wellbeing — a simple way to feel your best every day.

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