

Gut Health & Cleanse Days

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ClinicalTrials.gov: NCT04327141

The Question

Do Cleanse Days support a healthier gut microbiome?

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
Gut Microbiome Balance	Improved	Improved
Digestive Comfort	Improved	Greater improvement
Digestive Issues	None reported	None reported

Other Benefits: Both groups showed favorable microbiome shifts alongside previously documented outcomes: weight loss, appetite control, cardiometabolic support, and improved nutrient quality.

Takeaway

Both one-day and two-day cleanses support a healthier gut microbiome. Two days may provide added digestive comfort, but either approach delivers meaningful benefits for overall wellbeing.

Product Spotlight: Triotic™

This study highlighted improvements in digestion and overall wellness during Cleanse Days. Triotic adds daily gut support with a three-in-one probiotic blend to help maintain balance and complement Cleanse Day routines.

Learn More

