

Heart Health & Long-Term Weight Maintenance

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The Question

Can an Isagenix System combining Shake Days and Cleanse Days support cardiovascular health and help maintain weight loss better than a traditional heart-healthy diet?

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
 - Phase 2: Participants either continued the Isagenix System or followed a heart-healthy diet
 - Measured blood lipids, vascular compliance, weight, and body composition
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Results

After 12 weeks, participants using the Isagenix System reduced body weight by 10%, total fat by 19%, and visceral fat by 33%, while improving arterial flexibility by 11%.

After 52 weeks, those who continued on the Isagenix System maintained significantly better cardiovascular health, with lower LDL cholesterol, improved arterial stiffness, and less weight regain compared to the heart-healthy diet group.

Takeaway

The Isagenix System supported improved heart health and sustained weight-loss results over one year compared to a traditional heart-healthy diet.

Product Spotlight: NOx

Formulated with fruit and vegetable extracts to support nitric oxide production and healthy blood flow. Helps promote endurance, circulation, and overall cardiovascular wellness — a simple way to support daily energy and vitality.

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