

Intermittent Fasting + Protein Pacing

Published in *Obesity* with Dr. Paul Arciero; ClinicalTrials.gov: NCT04327141

The Question

Does the Isagenix System (intermittent fasting + protein pacing) outperform a standard heart-healthy, calorie-restricted diet for weight and visceral fat loss when calories are the same?

Study Design

- 41 adults who were overweight or obese (high compliance)
- 8-week randomized comparison:
 - Isagenix System: Cleanse Days + Shake/whole-food days (intermittent fasting + protein pacing)
 - Heart-Healthy Diet: daily calorie restriction
- Weekly calories and physical activity matched between groups

Results in 8 Weeks

Measure	Heart Healthy	Isagenix System
Weight	-5%	-9%
Total Body Fat	-9%	-16%
Visceral Fat	-14%	-33%
% Fat-Free Mass	+3%	+6%
Desire to Eat	~no change	↓ significantly

Other Benefits:

- Improved blood pressure
- Improved blood lipids
- Better diet quality overall:
 - More protein and fiber
 - Less sugar and sodium
- Greater improvements with the Isagenix System

Takeaway

Both plans worked, but the Isagenix System delivered greater weight loss, larger reductions in total and visceral belly fat, bigger gains in lean mass percentage, and stronger appetite control — even with similar weekly calories and activity.

Product Spotlight: 30-Day Reset

Protein pacing and intermittent fasting were shown to support weight loss and lean muscle maintenance in this study. The 30-Day Reset brings these strategies together with shakes, adaptogens, targeted supplements, and Cleanse Day support to help establish healthy habits and lasting results.

Learn More

