

# Isagenix in Comparison to “Heart-Healthy” Diet

***“The Isagenix group had better adherence, better weight loss, and better visceral fat loss. The greater weight and visceral fat loss equated to a greater decrease in certain cardiovascular risk factors, specifically cholesterol levels, inflammatory markers, and oxidative stress.”***

**KRISTA VARADY, Ph.D.**

Assistant professor at the UIC College of Applied Health Sciences with more than 30 peer-reviewed publications. She has devoted her professional career to the evaluation of calorie restricted diets and investigating strategies to facilitate weight-management and decreasing cardiovascular disease. Her findings have shown intermittent fasting to be an effective means for encouraging weight loss and improving vascular health.

**UIC COLLEGE OF**  
UNIVERSITY OF ILLINOIS AT CHICAGO **APPLIED HEALTH SCIENCES**



## HOW DOES AN ISAGENIX PROGRAM COMPARE TO A WELL-ESTABLISHED HEART-HEALTHY DIET?

Isagenix products were evaluated in an independent, third-party clinical study performed at the University of Illinois at Chicago (UIC) that demonstrated superior results across key measured parameters.

The 10-week study evaluated the effects of both dietary plans in combination with intermittent fasting, or “Cleanse Days,” on body weight, body composition, cardiovascular risk factors, oxidative stress markers and inflammation in 54 obese women with a body mass index above 35.

The two groups fasted one day per week. However, the Isagenix subjects consumed the herbal-drink Cleanse for Life™, whereas the subjects on the “heart-healthy” diet plan received a similar product to serve as placebo.

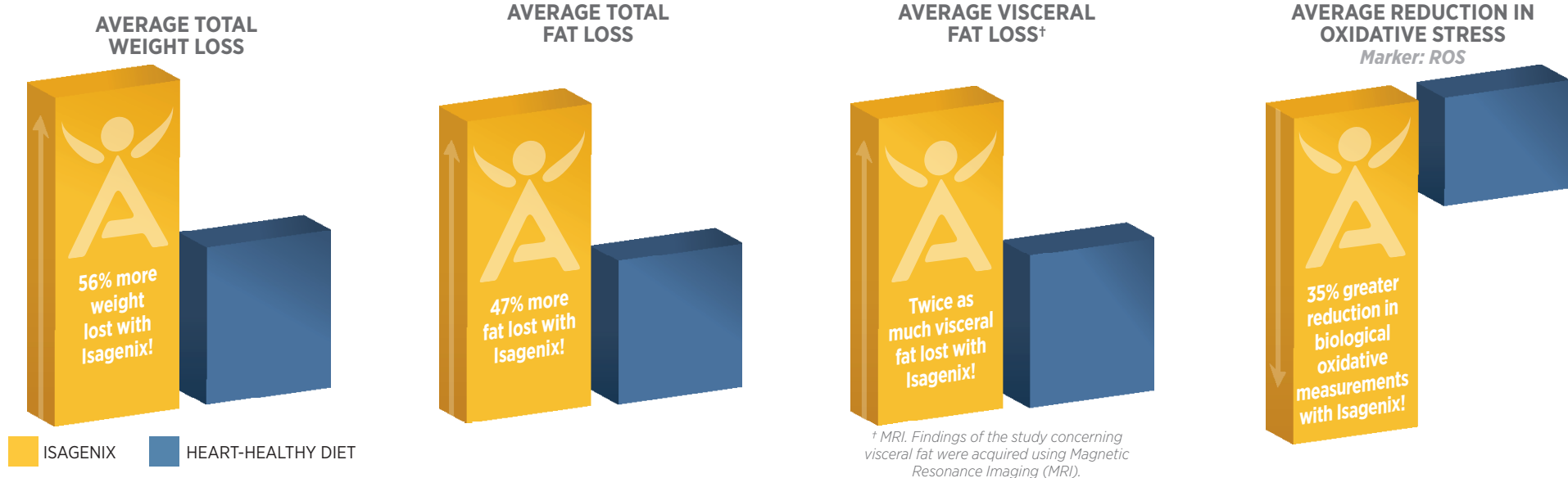
Subjects on the Isagenix program consumed a range of the Isagenix products. The “heart-healthy” subjects received instruction from a registered dietitian on how to follow heart-healthy guidelines, which included limiting calories by 20 to 25 percent daily, limiting total fat to 35 percent, limiting cholesterol intake, and increasing intake of fibre-rich foods such as whole grains, fruits and vegetables.

***“When you see successful weight and visceral fat loss, you should see a reduction in cardiovascular risk factors. This well-designed clinical trial further goes to support what an impact someone can have on his or her life by controlling calorie intake and using Isagenix!”***

**SUK CHO, Ph.D.**  
**ISAGENIX CHIEF SCIENCE OFFICER**



## Results:



**ELIZABETH M.**

ISABODY CHALLENGE® FINALIST  
LOST 8KG & 40% BODY FAT.\*

### Results summary with the Isagenix program

- More Total Weight Was Lost
- More Body Fat — Especially Visceral Fat — Was Lost

### Due to the successful weight and visceral fat loss, results also showed

- A Greater Reduction in Biological Oxidative Measurements

### The Isagenix program also showed

- Greater Adherence
- Easier and More Convenient

For a technical summary of the study go to [IsagenixHealth.net](https://www.IsagenixHealth.net)

\* Weight-loss results may vary. In a recent study, participants averaged a weight loss of 3.2 kilos (7 pounds) at the completion of their first Isagenix® 9 Day Program. Always consult your physician before making any dietary changes or starting any nutrition, weight control or exercise program.

The following document is intended to provide a technical summary of the actual results of the 10-week clinical study. Be responsible when sharing this information with others interested in Isagenix nutritional programs and products. Do not (i) stray or make claims that are not supported within this document, (ii) make any direct links to improved cholesterol or inflammatory markers except as a result of the greater weight loss and greater visceral fat loss achieved by the Isagenix program, or (iii) disclose the specific name of the diet against which the Isagenix program was compared. This document may not be altered or amended in any way for individual purposes and should only be reproduced in its entirety.