



**ISAGENIX SCIENCE  
REACHES MILESTONE WITH  
NEW LONG-TERM STUDY**





# NEW STUDY CONTINUES TO PROVE POWER OF ISAGENIX SYSTEM

A new study conducted by Skidmore College is yielding yet more incredible results for the Isagenix system for weight loss and long-term weight maintenance. These results build off previous independent research from the University of Illinois at Chicago (UIC), which previously reported superior results of the Isagenix system when compared to a traditional heart-healthy diet on weight and body fat loss and improvements in cardiovascular health markers.

Now, the Skidmore College study aims to answer three main questions:

- Can you maintain the results of an Isagenix system over a long period of time?
- How does weight loss affect detoxification?
- What happens to metabolism when you achieve weight loss with the Isagenix system?

The year-long study included two phases. Phase 1-11 week weight loss - had all subjects follow the Isagenix 30-Day System. Phase 2 - 12 months weight maintenance - divided the group in two, with one group continuing to use Isagenix and the other following a heart-healthy diet.

The study is complete, and preliminary results already show extraordinary advantages to the Isagenix system over a traditional heart-healthy diet for maintaining long-term weight loss.

Previous independent research from the University of Illinois at Chicago (UIC) showed that the Isagenix system was superior to a traditional physician-prescribed, heart-healthy diet for weight loss and improving cardiovascular health markers.

The UIC study was published in two high-quality, peer-reviewed journals, *Nutrition & Metabolism* and *Nutrition Journal*. In addition, it received a prestigious award in obesity research by the American Society for Nutrition (ASN) at the 2013 Experimental Biology conference.



Not every nutrition plan results in ideal body composition, long-term compliance and weight-loss maintenance. Not many companies invest in a year-long study showing the efficacy of their products. Science is why I love my job at Isagenix, because Isagenix is invested in scientifically supported products.



**SUK CHO, Ph.D.**  
*Isagenix Chief Science Officer*



## PHASE 1 (0-11 WEEKS)

### ISAGENIX WEIGHT LOSS

All subjects followed the Isagenix 30-Day System, including two meal replacements and a 400-600 calorie meal, with additional IsaLean® Bars and Ageless Essentials Daily Pack



## PHASE 2 (11 WEEKS-12 MONTHS)

### WEIGHT MAINTENANCE

(Study concluding November 2014)

Subjects were divided into two groups and both were counseled by Registered Dietitians.

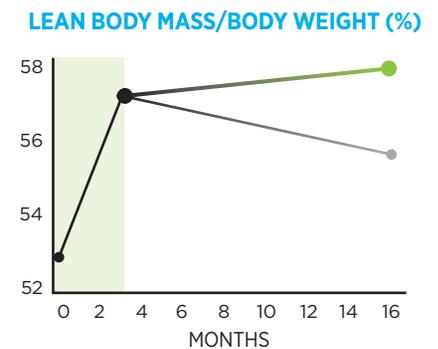
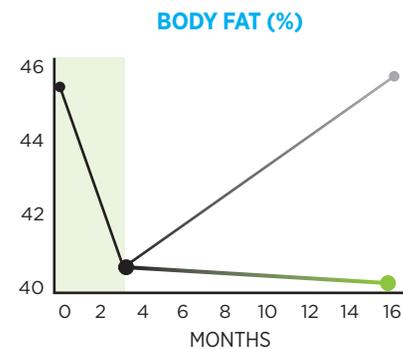
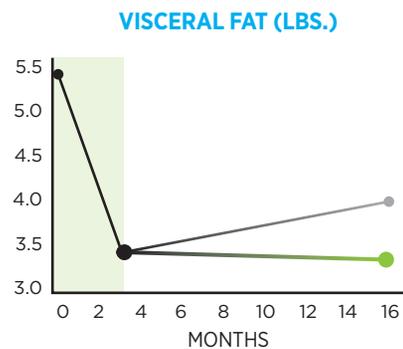
 **Isagenix Maintenance** VS.

*Continued with at least 1 IsaLean® meal replacement per day, and 1-4 Cleanse Days per month.*

 **Heart-Healthy Diet Maintenance**

*Followed a heart-healthy diet*

## FINAL RESULTS



-  PHASE 1
-  PHASE 2
-  ISAGENIX MAINTENANCE
-  HEART-HEALTHY DIET MAINTENANCE



Building on previous studies, our research is the first to demonstrate safe, healthy weight loss and long-term maintenance using the Isagenix system. In addition, it's the first to evaluate release of toxins as a result of a targeted calorie restriction and intermittent fasting nutritional intervention.



**PAUL ARCIERO, Ph.D.**

*Director of the Human Nutrition and Metabolism Lab and a professor in the Department of Health and Exercise Sciences at Skidmore College.*





Isagenix is committed to redefining the science behind superior nutrition. We invest hundreds of thousands of dollars in third-party clinical research internally and in collaboration with prestigious universities.