

Clinical Research Studies

The Isagenix commitment to scientific research that adds to the understanding of the relationship between diet, nutrition, and health is one of the factors that sets the company apart.

For more information and details about our clinical research, visit IsagenixHealth.net/Research.

UNIVERSITY OF ILLINOIS AT CHICAGO

Weight-Loss Study

Publications in: Nutrition Journal and Nutrition and Metabolism

Key findings after 8 weeks of following the **Isagenix Weight-Loss System** compared to a **heart-healthy diet**

56% MORE WEIGHT LOSS

2X AS MUCH VISCERAL (ABDOMINAL) FAT LOSS



Better improvements in cardiovascular health markers

SKIDMORE COLLEGE

Weight-Loss & Weight-Maintenance Study (Phase 1)

Key findings after 12 weeks of following the **Isagenix Weight-Loss System**

↓ 20%
FAT MASS

↑ 9%
LEAN BODYWEIGHT PERCENTAGE



Cardiovascular health markers **significantly improved**

Key findings on toxin release:

33% increase in total toxins (PCBs) released and 25% decrease in oxidative stress

SKIDMORE COLLEGE

Weight-Loss & Weight-Maintenance Study (Phase 2)

Publications in: Nutrients, Frontiers in Physiology, and International Journal of Environmental Research and Public Health

Key findings after 52 weeks comparing weight maintenance using the **Isagenix System vs. heart-healthy diet**

Isagenix System



- ✓ Maintained weight loss
- ✓ Continued to lose body fat and abdominal fat
- ✓ Continued to increase lean body mass percentage
- ✓ Maintained improved cardiovascular health markers

VS.

Heart-Healthy Diet

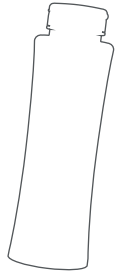


- ✗ Regained weight
- ✗ Regained body fat and abdominal fat
- ✗ Decrease in lean body mass percentage
- ✗ Cardiovascular health markers returned to baseline

ARIZONA STATE UNIVERSITY

Healthy Aging Study

Publication in: Journal of Dietary Supplements



Key findings after 12 weeks of taking **Product B IsaGenesis** daily as compared to placebo.

15% INCREASE
IN THE HEALTHY AGING
ENZYME CATALASE

CLARKSON UNIVERSITY

e+ Study

Publication in: Nutrients

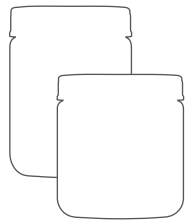


Key findings from a double-blinded, placebo controlled, randomized trial: One serving of **e+ significantly improved cognitive reaction time** (a quicker response) compared to a control beverage that contained synthetic caffeine

UNIVERSITY OF PITTSBURGH

AMPED Nitro Study

Publication in: The Journal of Strength and Conditioning Research



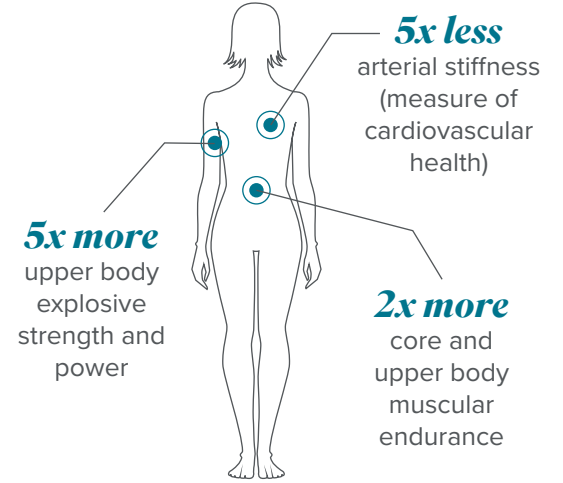
Key findings compared to a calorie matched placebo beverage: When taken just before and during a battery of power and endurance exercise tests, both **AMPED Power** and **AMPED Nitro increased anaerobic power and vascular blood flow**. AMPED Nitro also increased aerobic endurance (VO2 Peak time).

SKIDMORE COLLEGE

Performance Women's Study

Publication in: Nutrients

Key findings after 12 weeks comparing increased protein with **Isagenix products vs.** lower protein intake with **supermarket brands**



SKIDMORE COLLEGE

Performance Men's Study

Publication in: Growth Hormone & IGF Research

Key findings after 12 weeks comparing increased protein with **Isagenix products vs.** lower protein intake with **supermarket brands**

