



**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 of 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 (1- to 11-week weight loss) had all subjects follow the Isagenix 30-Day Cleansing and Fat Burning 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, the study received a prestigious award in obesity research from 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 (12 MONTHS)

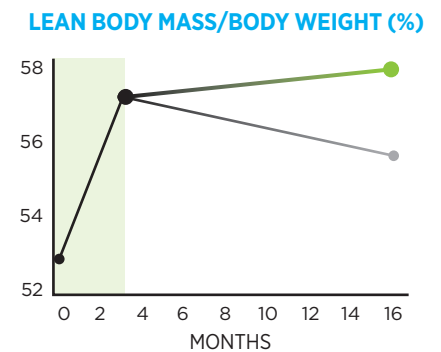
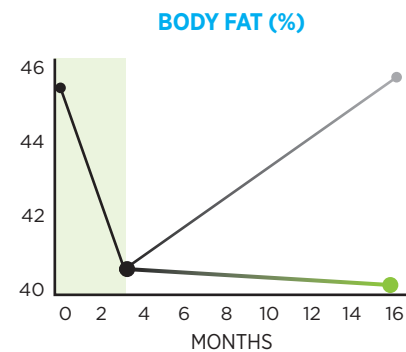
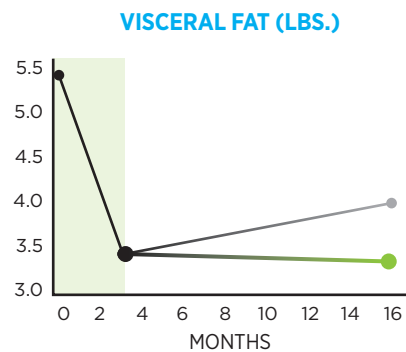
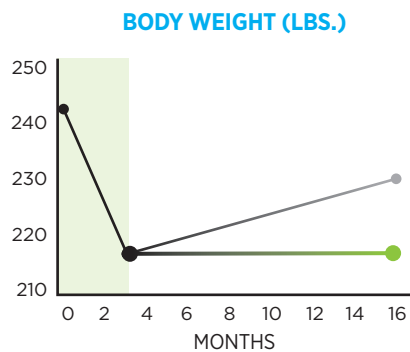
WEIGHT MAINTENANCE

(Study concluded November 2014)

Subjects were divided into two groups and both were counseled by registered dietitians.

Isagenix Maintenance *Continued with at least 1 IsaLean meal replacement per day, and 1-4 Cleanse Days per month* **VS.** **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 professor in the Department of Health and Exercise Sciences at Skidmore College





Isagenix is committed to redefining the science behind superior nutrition. Millions of dollars are invested annually on testing raw materials and finished goods of our products along with conducting independent clinical and experimental studies demonstrating efficacy of our health and wellness systems and products.