

Peer-Reviewed Science Journal Validates IN.FORM's Health Benefits

Scientific Journal Research Article Abstract Findings

Full article was published in digital format Aug. 2017 and print Sept. 2017.

An open label, randomized, exploratory study comprising 44 healthy, overweight subjects with cardio-metabolic syndrome (CMS) risk factors was conducted to assess the safety, tolerability and efficacy of a proprietary lifestyle modification program without (DIET) and with (PROG) targeted nutraceutical supplementation including soy, pea and whey proteins, phytosterols, antioxidants, probiotics, fish oil and berberine over 13-weeks. Key metrics were recorded at baseline, weeks 9 and 13. For DIET and PROG compliance was 85% and 86%, respectively, with no adverse events related to the diet or supplements. Twelve subjects discontinued prior to week 9 for reasons unrelated to the study.

PROG subjects experienced greater decreases ($P < 0.05$) than DIET in body weight, fat mass, total cholesterol, LDL cholesterol, TG, cholesterol/HDL, TG/HDL, ApoB/ApoA, and hs-CRP. The Framingham 10-year cardiovascular disease risk score decreased by 40% ($P < 0.01$) in the PROG arm versus no change for the DIET arm.

As a pilot study, it was not possible to state whether the observed effects were a result of nutraceutical supplementation alone or the result of additive or synergistic interactions among diet, lifestyle modifications and nutraceutical supplementation. Moreover, individuals with CMS risk factors following a lifestyle modification program received additional health benefits from targeted nutraceutical supplementation. NCT03097965

IN.FORM's broad metabolic health benefits scientifically validated:

51% reduction in Triglycerides

21% reduction in Fat Mass

18% reduction in total Cholesterol

12% reduction in Body Weight

11+% reduction in Blood Pressure

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Link to the study: <http://www.nrcresearchpress.com/doi/full/10.1139/cjpp-2016-0704#.WdJYzOzMzaY>

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Note: Legally the clinical study must be separated from specific benefits. The IN.FORM program does not cure diseases but CJPP article supports the IN.FORM program's clinical benefits.