

# U.S. CLINICAL STUDIES



## CLINICALLY STUDIED, SERIOUS RESULTS

While others may say they have an innovative solution for your health needs, Nature's Sunshine has actually put our program to the test through clinical scrutiny. The Hughes Center for Research and Innovation conducted an independently reviewed clinical study to show just how revolutionary the IN.FORM program truly is.

During a 90-day period, two groups of generally healthy individuals with key biomarkers indicative of metabolic health already within the normal range were monitored for improvement. Both groups followed diet and exercise recommendations, but only the second group received the added benefit of the IN.FORM product protocol.

## MEASURABLE SUCCESS

At the end of 90-days, the group that received IN.FORM products experienced median improvement in the following areas:

12% reduction in body weight

21.5% reduction of fat mass

51% reduction in triglycerides

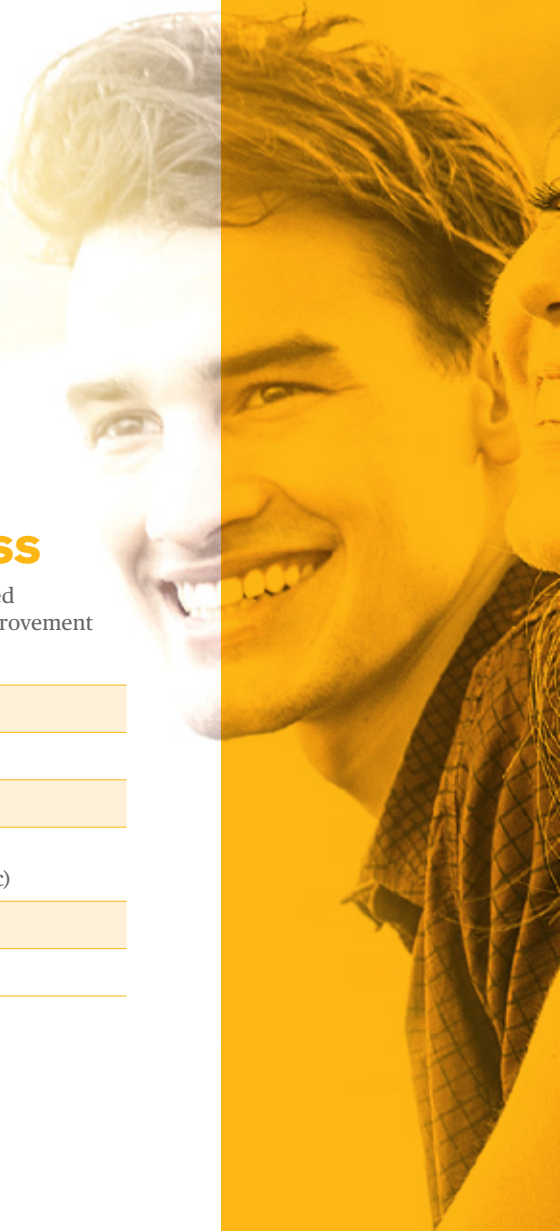
15/10 mmHg reduction in blood pressure  
(11% reduction in systolic and 12% diastolic)

18% reduction in total cholesterol

19% reduction in LDL "bad" cholesterol

† Comparison based on a range of reported data published by commercial weight loss programs in the U.S.. See reference section for details.

‡ When compared to clinical study participants who only followed the IN.FORM meal plan and moderate exercise





## COMPETITIVE ADVANTAGE

When compared to published studies on many popular, brand-name weight-loss programs,<sup>†</sup> the IN.FORM program outperformed EVERY ONE in several key biomarker indicators, including:

Increased weight loss between 44-123%

Increased fat loss between 15-233%

Greater improvements in triglycerides, total cholesterol and LDL cholesterol

## GREATER RESULTS

Study participants experienced greater results with IN.FORM supplements than with diet alone.<sup>‡</sup>

56% more weight loss

65% more fat loss

125% greater reduction in systolic blood pressure and 62% greater reduction in diastolic blood pressure

66% greater reduction triglycerides

129% greater reduction in total cholesterol

80% greater reduction in LDL “bad” cholesterol

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**At the end of 90 days, the median weight loss for those who received IN.FORM products was 26 pounds of body weight and 17 pounds of fat!**

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**References: Comparative data published by leading U.S. commercial weight loss programs**

1. Truby, H. et al. Randomised controlled trial of four commercial weight loss programmes in the UK: initial findings from the BBC ‘diet trials’. *BMJ* 332, 1309-14 (2006)
2. Lee, K. et al. Efficacy of low-calorie, partial meal replacement diet plans on weight and abdominal fat in obese subjects with metabolic syndrome: A double-blind, randomized controlled trial of two diet plans - One high in protein and one nutritionally balanced. *Int. J. Clin. Pract.* 63, 195-201 (2009)
3. Treyzon, L. et al. A controlled trial of protein enrichment of meal replacements for weight reduction with retention of lean body mass. *Nutr. J.* 7, 23 (2008)
4. Shaklee. A 12-Week Pilot Study to Assess the Safety and Efficacy of the New Shaklee Weight Management Program. At [http://www.physicians.shaklee.com/displayContent.htm?fileName=weight\\_loss.xml&sectionName=shakScience](http://www.physicians.shaklee.com/displayContent.htm?fileName=weight_loss.xml&sectionName=shakScience)

