

CLINICAL STUDY: MEAL REPLACEMENTS

“Increased Protein Intake Using Protein—Enriched Meal Replacements Compared to Conventional Protein Intake and Meal Replacements in Subjects with the Metabolic Syndrome.”

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What was the study about? This study enrolled 110 people with the metabolic syndrome - a very common condition in overweight people that is determined by the presence of several factors, including high blood pressure, large waist circumference, above normal blood sugar, and abnormal values of certain fats in the blood.

What did the study attempt to find out? The researchers wanted to see the effects of two different levels of protein in the diet on weight loss, loss of body fat, and the factors that determine the metabolic syndrome.

What did the study subjects have to do? The study subjects were divided by chance into two groups and the study had two parts. In part one that lasted three months, the high protein group followed a weight loss plan with two meals replaced by Formula 1 (European Formula) shakes made with milk and extra protein from PPP. The other group got a standard amount of protein in the diet and didn't use Formula 1 shakes – they just counted calories. Then, for nine months, both groups used one Formula 1 shake a day – and the high protein group continued to take in more protein than the standard protein group.

What happened? The people in the high protein group lost more weight and more body fat than the regular protein group. Also, at the end of the year, 64.5 percent of the subjects no longer met the criteria for having the metabolic syndrome. In the standard protein group 41 percent no longer had it. So, people in both groups got better, but more people in the high protein group had a good response to the diet.

Have the results been published yet? Yes, an abstract (short summary) of the study was recently presented at the meeting of The Obesity Society in Phoenix, and at the European Congress of Obesity. The full paper has been submitted for publication to the British Journal of Nutrition and the authors are waiting to hear if the paper has been accepted for publication.

Science

NOTE: A clinical study is a study that is conducted by a group of researchers on human subjects to answer a particular question or hypothesis.

Dr. Flechtner-Mors is a member of Herbalife's Nutrition Advisory Board.

These results are not a guarantee of similar results. Individual results from consumption of Herbalife products will vary.

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