

# Lifestyle Change Study

## Using nanomeal<sup>G</sup>® and nanolean<sup>®</sup>



### Purpose

The purpose of this study was to see the impact on body composition when replacing 2 meals with nanomeal<sup>G</sup>®: a natural meal replacement supplement that features extracts from fruits and vegetables, lean protein (undenatured whey protein isolate) and essential fatty acids (flax) for 90 days.

In addition, participants were given nanolean<sup>®</sup> : a green coffee bean extract supplement that also contains fiber, green tea and ashwaganda (to reduce stress/cortisol levels) in between meals.

### Study Description & Eligibility

10 participants (both men and women) were chosen based on their ability (medically) to participate safely and under the supervision of a physician, in such a lifestyle change. Participants needed to have a BMI of over 30 to qualify for participation.

Before starting the program, participants weighed in and each had their BMR (basal metabolic rate) calculated to design a specific protocol and identify daily caloric requirements. Participants were advised to take 1 serving of nanolean<sup>®</sup> and nanomeal<sup>G</sup>® twice per day to replace their normal meals. Each participant was instructed to engage in physical activity for at least 30 minutes per day. If cravings persisted, participants were advised to take an additional serving of nanolean<sup>®</sup>.

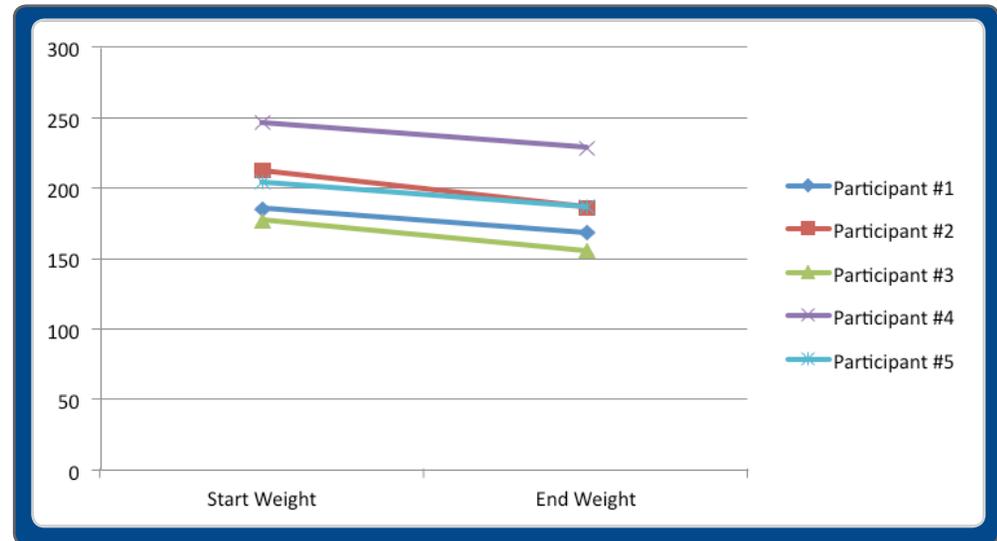
### Results

5 participants (50%) completed the 90 day study with an average weight loss of 19.32lbs. The highest amount of weight loss was 26.3lbs and the lowest was 15lbs.

The average percent body weight lost by participants that completed the study was 9.62%, with the highest at 12.3% and the lowest at 7%. Participants noted that they felt as though they had more energy throughout the study despite decreasing their caloric intake.

Some participants were able to significantly decrease their coffee and soda intake and some completely eliminated their cravings for soda and coffee. The 5 participants that did not complete the 90 day study lost an average of 15.32lbs with a median of 18 lbs. The total amount of weight lost by participants was 167.8lbs.

	Start Weight	End Weight	Weight Loss (lbs.)	% Weight Loss
Participant #1	185.7	168.7	17.0	9.20%
Participant #2	213.0	186.7	26.3	12.30%
Participant #3	177.6	156.0	21.6	12.20%
Participant #4	247.0	229.0	18.0	7.00%
Participant #5	205.0	187.0	18.0	7.40%



### Conclusion

The impact on body composition that a diet rich in high quality nutrients, supported by fiber for satiety and green coffee bean extract is exceptional. Making small lifestyle changes can have a big impact on weight loss and quality of life in addition to reducing the risk factor for common diseases associated with being overweight (heart attack, high cholesterol, diabetes, etc.) Supplementing a healthy lifestyle with nanolean<sup>®</sup> and nanomeal<sup>®</sup> can increase weight loss substantially while increasing energy.

Location: Digestive Health Care Center & Serenity Medical Health Spa in Irvine, CA  
 Credits to Administrators: Shahla Rahmatullah, MD Gastroenterologist, Vincent Duprat, MS  
 Compensation for participation: \$0