The effect of a 21-day lifestyle and supplement intervention on cardiometabolic risk factors

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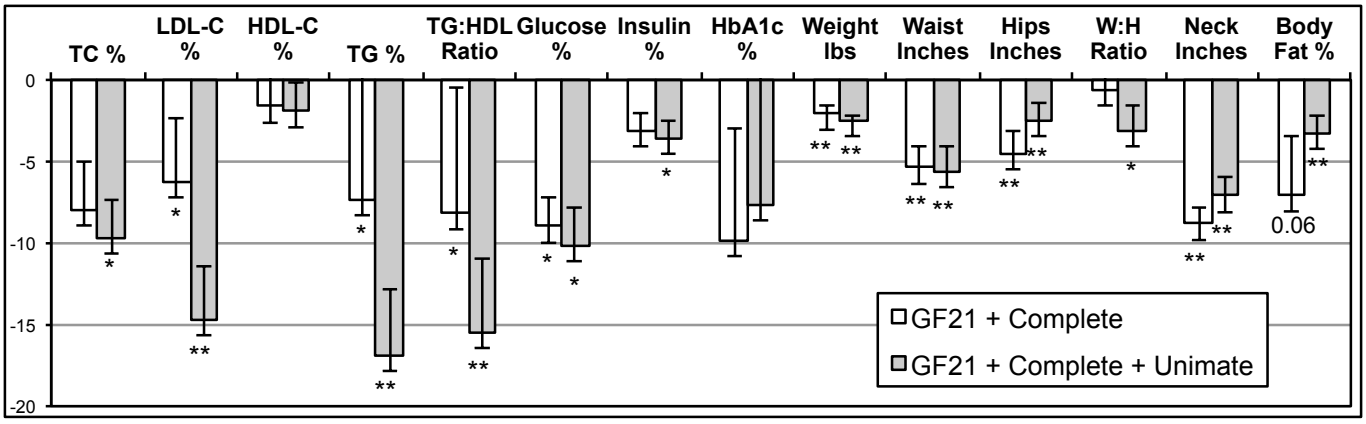
Introduction:
Despite the broad focus on pharmacological and surgical interventions to improve global health, cardiometabolic wellbeing, evident in diabetes and heart disease trends, continues to decline. Thus, increasing efforts are focusing on the role of improved nutrition and lifestyle changes—essentially addressing the problem at its source. In an effort to exploit the impact of nutritional and lifestyle changes, we sought to determine the effect of adding two novel variations on supplements, namely a meal replacement and yerba mate blend, to a typical lifestyle intervention.

Methods:
Thirty-four healthy adults were recruited to add a meal replacement shake without (i.e. "complete") or with a unique yerba mate blend (i.e. "complete + unimate") for 21 days. Multiple markers of cardiometabolic health were assessed by blood and circumference measurements before and after the test period.

Results:



*p<0.05; **p<0.005

Conclusions:
There is debate regarding the degree to which a lifestyle intervention can elicit detectable and meaningful changes in health-specific parameters. These results confirm that 21 days is sufficient to elicit multiple highly significant changes in several relevant cardiometabolic risk factors, including blood lipids, glucose and insulin, and indicators of body fat levels and placement. Perhaps most relevant, both interventions reduced the TG:HDL ratio, which is highly predictive of heart disease risk. Given the relative short period of time of this study, longer adherence to this supplement and lifestyle regimen would likely yield even greater improvements in markers of cardiometabolic health.