

A Test of the Clinical Relevance of a 90-day Health Transformation Program

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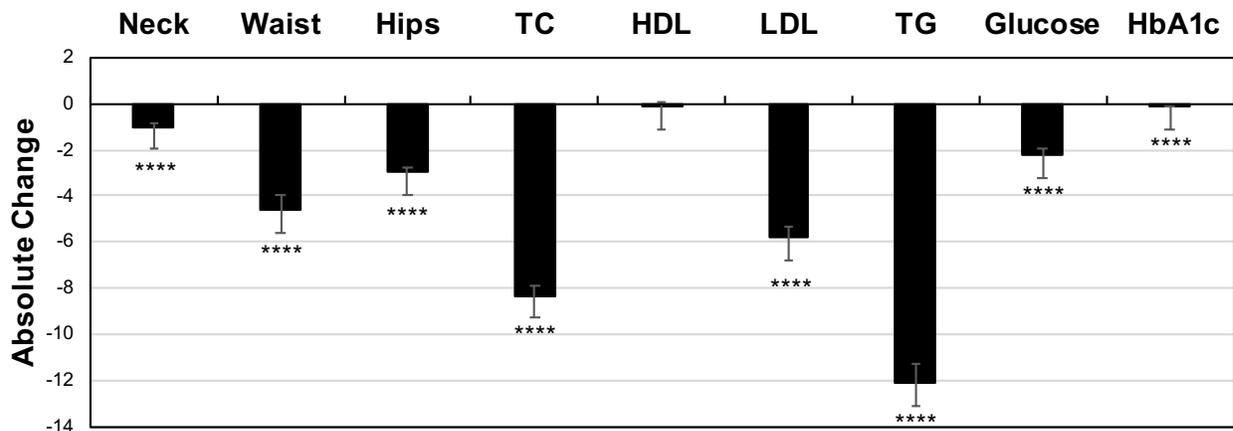
Introduction

The ongoing failure of conventional pharmacological interventions to stem the global burden of cardiometabolic diseases has prompted a greater focus on the efficacy of lifestyle changes. The purpose of this study was to determine the efficacy of a transformational lifestyle program, including 1-on-1 coaching, meal planning, and strategic supplements.

Methods

To test the degree to which a holistic lifestyle change altered cardiometabolic health, 2,255 men and women were recruited to participate in the study. The study parameters included 1-on-1 coaching, which involved meal planning, and supplementation with two fiber products (i.e., Unicity Balance Cholesterol—twice daily; Unicity LiFiber—once daily), a matcha energy product (i.e., Unicity Matcha Energy—once daily), and a protein product (i.e., Unicity Complete—twice daily for 14 days, once daily thereafter). Circumference and blood tests were completed before and after the 90-day intervention.

Results



****p<0.0001

Conclusion

This study was conducted to determine the efficacy of a 90-day supplementation and coaching program on improving numerous aspects of cardiometabolic health. Following the 90-day period, we observed a substantial and significant reduction in every measured outcome, except for HDL, which remained static throughout the study. The measured outcomes included girth measurements and numerous markers of cholesterol and glucose levels. In sum, these results suggest a remarkable and rapid benefit to a lifestyle intervention plan that includes structured coaching and well-formulated supplements.