

Study design

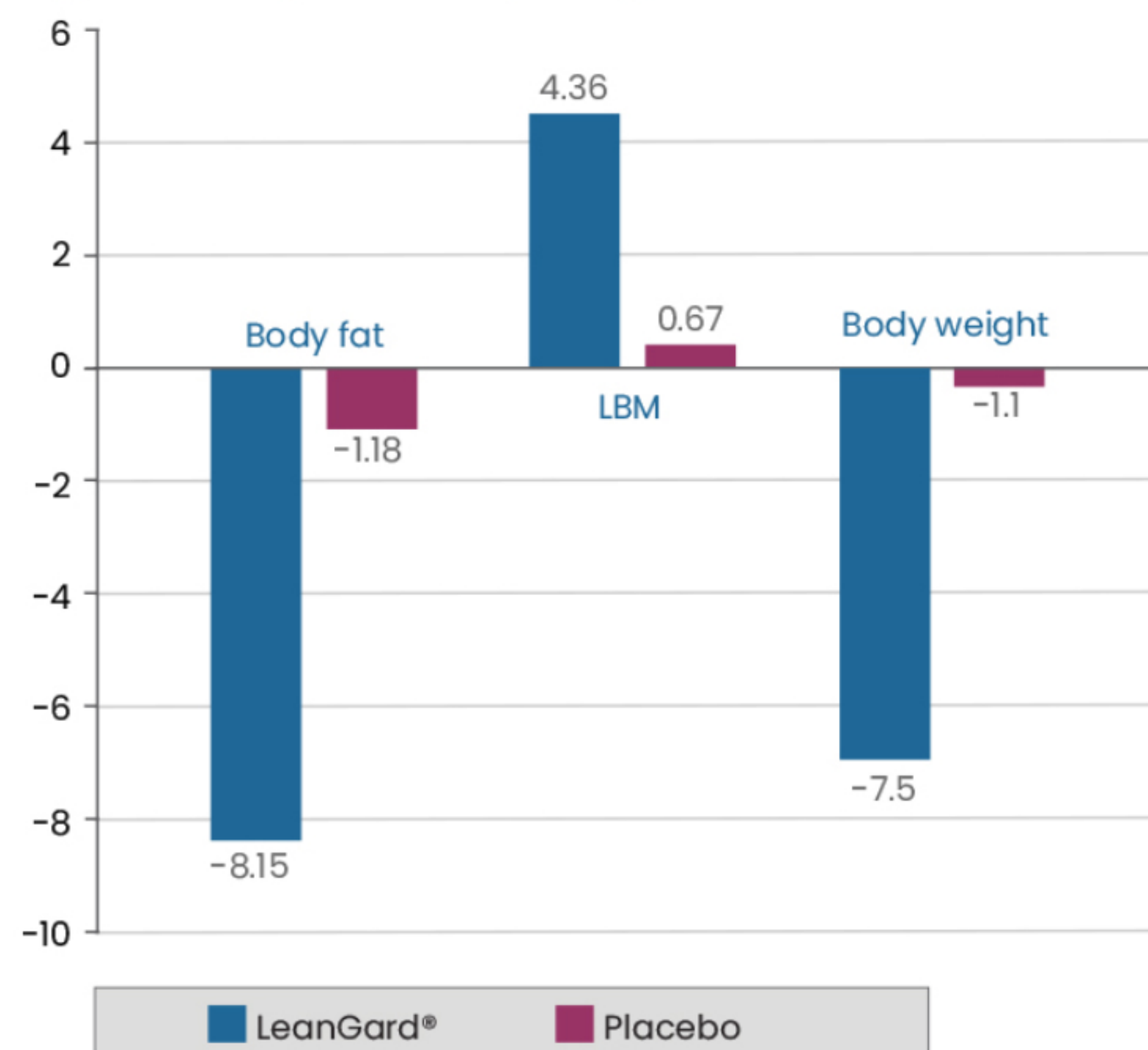
A placebo controlled randomized, double blind, parallel-group study comparing the efficacy and safety of LeanGard®. 500mg of LeanGard or a placebo was given twice daily to 50 over-weight subjects, 24 men and 26 women ranging in age from 25 to 55 years.

Scientific findings

After 12 weeks of supplementation of 500mg two times daily:

- ➔ 7.5% reduction in body weight (1.1% decrease in placebo)
- ➔ 6.47% decrease in hip/weight ratio (1.89% increase in placebo)
- ➔ 7.45% decrease in BMI (Body Mass Index) (1.09 decrease in placebo)
- ➔ 8.15% decrease in body fat (1.18% decrease in placebo)
- ➔ 4.36% increase in lean body mass (0.67% increase in placebo)
- ➔ 4.50% decrease in BMR (Basal Metabolic Rate) (0.64% decrease in placebo)

LeanGard® – Mean change in Body fat, Body weight and LBM



Key benefits

- ➔ Reduces body weight in four different measured parameters
- ➔ increases muscle and lean body mass
- ➔ Increases basal metabolic rate

Safety and quality

- ➔ No side effects were reported in the 12-week study
- ➔ No significant changes in blood pressure or heart rate were reported
- ➔ No significant changes in hematological parameters (liver function, renal function, thyroid function, and plasma lipid levels were reported)

Conclusion

The results of the clinical trial of LeanGard qualify this multi-component nutraceutical as an emerging natural weight loss formula. This is an effective and clinically safe dietary supplement for healthy weight management support.