

# The Clinical Benefits of a 30-day Comprehensive Health and Fitness Program

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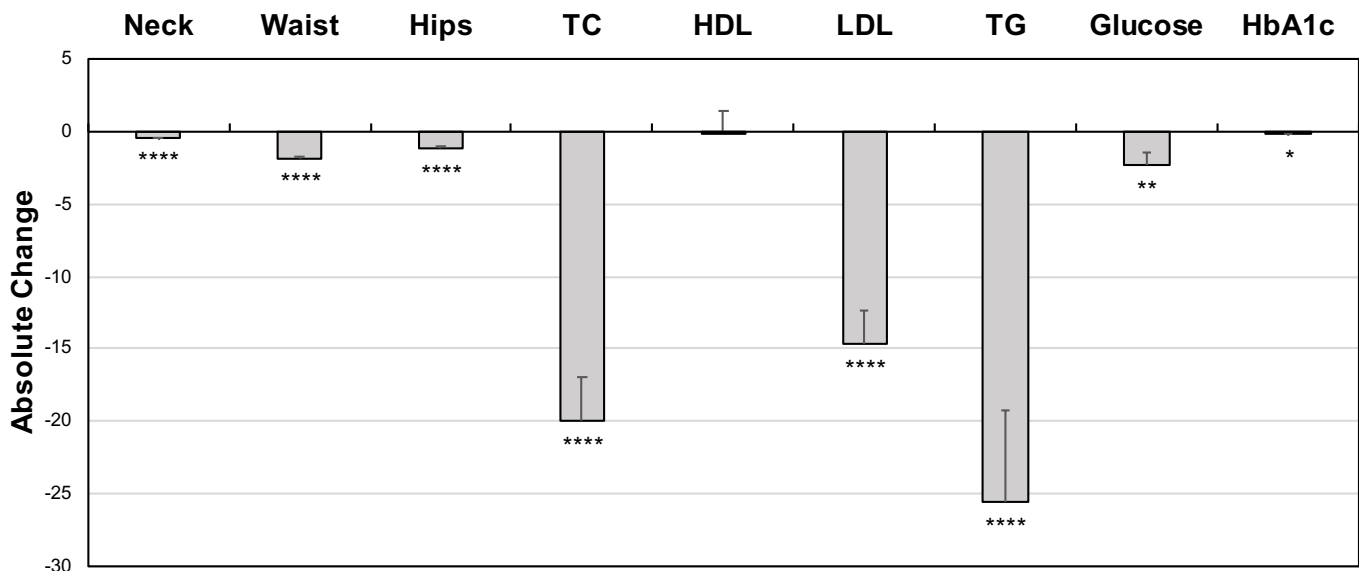
## Introduction

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 moderate-length holistic lifestyle program involving team coaching and dietary supplements.

## Methods

To test the degree to which a lifestyle intervention alters cardiometabolic health, 101 men and women were recruited to participate in the 30-day study. The study parameters included group coaching (500:1) and facilitators (30:1) that utilized social media to encourage accountability. Moreover, subjects were instructed to take the following products: a fiber supplement (i.e., Bios Life S—once daily for 14 days; twice daily thereafter), a matcha energy product (i.e., Bios Life E—once daily), and a protein product (i.e., Lean Complete—twice daily for 14 days, once daily thereafter). Circumference and blood tests were completed before and after the 30-day intervention.

## Results



\*\*\*\*p<0.0001

\*\*\*p<0.0005

\*p<0.05

## Conclusion

This study was conducted to determine the efficacy of a 30-day supplementation and coaching program on improving numerous aspects of cardiometabolic health. Following the 30-day period, subjects experienced a significant reduction in every measured outcome, except HDL, including all girth measurements, numerous markers of cholesterol and glucose levels. The relative short period of this study is noteworthy, suggesting that meaningful clinical change can occur in as little as one month. In sum, these results suggest a remarkable benefit from a short-term lifestyle intervention plan that includes structured large-group coaching and well-formulated supplements.