

Weight loss effects of a liquid nutrient concentrate: A short clinical trial.

Anatoly. G. Antoshechkin, M.D., Ph.D
Scientific Director, Genext Research, Inc.

Address correspondence to:
Dr. Anatoly Anoshechkin, 1348 Harbor Lake Drive, Largo FL 33770, USA
antoshechkin@genextresearch.com

Key words: nutrient concentrate, obesity, weight management

Abstract

31 adult healthy individuals (26 females and 5 males) participated in a trial for the purpose of determining how a liquid nutrient concentrate (manufactured by Nutrition Laboratories, Inc. of Florida, USA) could be used to accomplish calorie restriction as part of a weight loss program.

The participants used the liquid nutrient concentrate instead of breakfast and were put on a controlled diet consisting of 400 - 600 calories for lunch and 600 - 800 calories for dinner, with fresh fruit as snacks.

The individuals chosen for the trial were significantly overweight, as evidenced by an average Body Mass Index of 37.2 (normal range 18.5-24.9).

Measurements carried out before and after the trial showed the following average reductions for the participants:

Weight loss: 3.4 kg
Waist size reduction: 7.0 cm
Hips size reduction: 5.9 cm
Chest size reduction: 6.5 cm

The results showed a clear tendency: The greater the weight of a participant, the more effective was the program.

Interviewing the participants after the program revealed no complaints of side effects such as feeling weak or hungry.

The trial participants, dietary conditions and examinations

31 adult healthy individuals (26 females and 5 males) participated in a trial for the purpose of determining how a liquid nutrient concentrate could be used to accomplish calorie restriction as part of a weight loss program.

The participants used the liquid nutrient concentrate instead of breakfast. Following breakfast, each was given two meals consisting of lean protein, vegetables and salad (400

to 600 calories for lunch and 600-800 calories for dinner). In addition, participants were given fresh fruit as snacks.

The nutrient concentrate was during the afternoon to help reduce any side effects from eating a low-calorie lunch and dinner.

Foods excluded from the diet were dairy products, bread, rice, beans, potatoes, sugar and products made with sugar, fat and products made with added fat, beer and alcohol.

The participants were also instructed to walk for half an hour per day as a form of exercise.

The individuals chosen for the trial were significantly overweight, as evidenced by an average Body Mass Index of 37.2 (normal range 18.5-24.9).

Measurements carried out before and after the trial showed the following average reductions for the thirty one participants:

Weight loss: 3.4 kg
Waist size reduction: 7.0 cm
Hips size reduction: 5.9 cm
Chest size reduction: 6.5 cm

The results showed a clear tendency: The greater the weight of a participant, the more effective was the program. In the group of participants, two females had weights of more than 90 kg and BMI of 44.5 and 44.6. One lost 6.8 kg and another 4.3 kg. Two males in the group had initial weight more 100 kg with BMI 43.5 and 44.1. One lost 12.0 kg and the other 9.1 kg.

Interviewing the participants after the program revealed no complaints of side effects such as feeling weak or hungry.

Discussion

It is not surprising that the participants lost a significant amount of weight and body volume following this reduced calorie intake. What is significant is that the participants were able to remain on a reduced calorie intake for four weeks without experiencing side effects such as weakness or hunger.

A likely explanation of the effect of the nutrient concentrate is that the nutrient concentrate provides such a high level of overall nutrition that the participants experienced no further cravings for food. Constituents in the nutrient concentrate may also more directly reduce appetite and therefore make possible a reduction in calorie intake.