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Herbalife Clinical Study Proves Fish Oil Combined With Calorie Restricted Diet and Meal Replacement Effective in Addressing Challenge of Metabolic Syndrome

Herbalife and Taipei Medical University Partner to Conduct First Study of Its Kind in Taiwan

TAIPEI, TAIWAN -- (Marketwired) -- 06/17/15 -- [Herbalife](#), a global nutrition company, released data from a clinical study it conducted in partnership with Taipei Medical University, which showed that the combination of meal replacement, fish oil and a calorie-restricted diet led to effective weight management and improvements in metabolic syndrome among participants in the study.

This is the first clinical study of its kind in Taiwan, and results show that over a 12-week period, participants lost, on average, 4.5kg in weight, 6.5cm in waist circumference, and had a 2.5% reduction in body fat percentage. In addition, the fasting blood glucose level, the triglyceride level, and the low-density lipoprotein-cholesterol (LDLc) level were also controlled by this method.

Fish Oil with Calorie Restricted Diet and Meal Replacement Clinically Effective for Metabolic Syndrome Management

This clinical study recruited 188 volunteer patients with metabolic syndrome in Taiwan. They were randomly assigned to one of four groups -- "calorie restricted diet"; "calorie restricted diet with meal replacement"; "calorie restricted diet with fish oil"; and "calorie restricted diet with meal replacement and fish oil" groups to conduct a controlled diet and were observed over a 12-week period. 179 participants successfully completed the study.

The research results showed that, on average, the participants of the "calorie restricted diet with fish oil" group lost 4.5kg in weight, 6.5cm in waist circumference, and had a 2.5% reduction in the body fat percentage. Furthermore, in comparison with the other three groups, it was found that the "calorie restricted diet with meal replacement and fish oil" also experienced an improvement and stability in the levels of fasting blood glucose, triglycerides, LDLc, and the blood pressure with improvement in the overall metabolic syndrome.

David Heber, M.D., Ph.D., F.A.C.P., F.A.S.N. - chairman of the Herbalife Nutrition Institute and the Nutrition Advisory Board, said, "Metabolic syndrome is a common condition affecting between 20-30 percent of middle-aged adults in many countries. It is characterized by increases in waist circumference, fasting blood sugar, cholesterol, and blood pressure. Metabolic syndrome increases the risk of diabetes and heart disease. Among Asians, this condition is increasingly common even at normal body weights."

"The clinical research conducted in partnership between Herbalife and Taipei Medical University is an important study that demonstrates the effectiveness of combining meal replacement and Omega-3 fatty acids for weight management plan in subjects with metabolic syndrome. Obesity and the consequent metabolic syndrome, poses significant physical and economic burdens, with Asia being the epicenter of this global epidemic. It is encouraging to see what we believe to be meaningful information to help delay or even prevent the development of serious health problems by improving metabolic syndrome. This study and other research conducted by the company are Herbalife's contribution to help combat the global obesity epidemic."

The results from the study have been published in the "Journal of Functional Foods", a well-known journal in the food science research field, and the "European Journal of Clinical Nutrition", an internationally renowned nutrition journal.

Highs and Lows for Weight Management

Dr. David Heber further commented that the low GI diet can lower insulin secretion in human bodies, reduce calorie production, and reduce lipid formation. Furthermore, fish oils contain rich Omega-3 fatty acids, which can dampen inflammatory reactions and consequently lower the levels of blood LDL and triglycerides to prevent occurrence of cardiovascular disease and efficiently improve metabolic syndrome.

Company logo

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About Herbalife

Herbalife is a global nutrition company that has been changing people's lives with great products since 1980. Our nutrition, weight-management, energy, sports and personal care products are available exclusively to and through dedicated Independent Herbalife Members in more than 90 countries. We are committed to fighting the worldwide problems of poor nutrition and excess weight by offering high-quality products, one-on-one coaching with an Independent Herbalife Member and a community that inspires customers to live a healthy, active life.

To learn more visit herbalife.com.

Media Enquiries:

Daliea Mohamad-Liauw
VP, Corporate Communications
Herbalife Asia Pacific
DID: +852 3589 2643
Email: [Email Contact](#)

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