

THERMOGENIC PROPERTIES OF 4LIFETRANSFORM BURN IN A 12-WEEK WEIGHT MANAGEMENT STUDY*

Technical White Paper

Dr. Paula Brock, Dr. Brent Vaughan, and Dr. David Vollmer

4Life Research, Sandy, Utah

OBJECTIVE

The purpose of this study was to measure the thermogenic properties of 4LifeTransform Burn as part of a 12-week open-label, weight management study.*

BACKGROUND

According to the World Health Organization, global obesity has nearly tripled since 1975, and in 2016, more than 1.9 billion adults were considered overweight. Of those, over 650 million were obese.

Obesity and being overweight are primarily caused by an imbalance between calories consumed and calories expended. The problem stems from eating energy-dense foods high in fats and sugars, a decrease in physical activity (due to sedentary labor), different modes of transportation, and increasing urbanization.

Successful weight management programs generally revolve around a healthy diet with consistent physical activity. In conjunction with these programs, 4Life developed 4LifeTransform Burn, a thermogenic formula comprised of naturally derived exotic plant and fruit extracts. A first-of-its-kind, in-house study was performed to examine the thermogenic and weight management properties of 4LifeTransform Burn.*

STUDY

Thirty-six adult subjects with varying body mass indexes, aged 25 to 71, consumed four capsules of 4LifeTransform Burn five days a week for 12 weeks. Study participants were asked to maintain a consistent diet and exercise regimen throughout the study.

Visits were conducted on weeks 0, 4, 8, and 12. At each visit, researchers took thermographic and metabolic measurements and measurements for body composition, blood pressure, heart rate, cholesterol, glucose, and hip-to-waist ratio. Participants also answered a hunger questionnaire.

RESULTS AND DISCUSSION

Hunger cravings and desire to eat decreased and feelings of fullness improved over the course of the 12-week study. After 12 weeks, subjects consuming 4LifeTransform Burn had a statistically significant reduction in percentage of body fat compared to baseline measurements. 4LifeTransform Burn was well tolerated throughout the study and did not negatively impact physical health parameters such as heart rate, blood pressure, cholesterol, or glucose.*

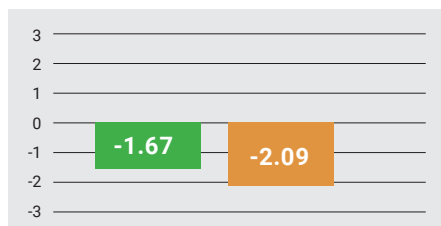


CONCLUSION

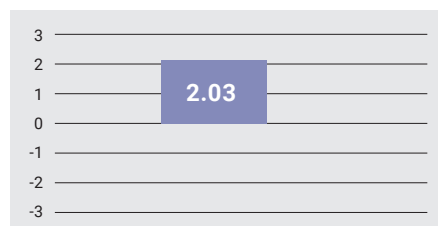
4LifeTransform Burn positively impacted body fat percentage as well as feelings of hunger and fullness over the course of the 12-week weight management study.*

Over a 12-week period, 4LifeTransform Burn decreased hunger cravings and increased feeling of fullness*

Hunger And Desire To Eat



Fullness



Hunger

Desire To Eat

Fullness

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.