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**Dr. Knighton is a member of the PureTrim Medical Board .*

PureTrim® Mediterranean Wellness Shake

Study Abstract

4-Week Study

BACKGROUND

Many people are seeking help with their weight loss goals, and proper diet and nutritional supplements are key to getting results in losing weight and maintaining health. Recent research has shown that there may be possible adverse side effects from Soy and Whey Protein. This has led to the need for an alternative source of protein in protein supplement shakes.

OBJECTIVES

To investigate the effectiveness of PureTrim® Mediterranean Wellness Shakes as an effective tool in promoting weight loss when accompanied by a recommended program of reduced caloric intake and exercise. It is of note that the PureTrim® Shakes' protein source is from vegetable peas and brown rice.

SELECTION CRITERIA

All patients had to be in need of weight loss and over the age of 18.

- 1) Data Collection: Patients were asked to supplement breakfast and dinner with a PureTrim® Mediterranean Wellness Shake and then evaluated based on the following:
 - a) Weight loss
 - b) Percent body fat reduction
 - c) Satisfaction with the taste
 - d) Length of time after drinking the shake that they did not feel hunger

MAIN RESULTS

In total, 27 patients started the study, and 25 completed the study. Patients were asked to rank their satisfaction with the taste on a scale of 1 – 10 (1 being dislike of the taste and 10 being great taste). They were asked to consistently measure how long after ingesting a shake that it took before any significant hunger was noticed. Weight and percent body fat was analyzed every 2 weeks. Side effects were also tracked.



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RESULT	2 WEEKS	4 WEEKS
Average Weight Loss (all patients)	4.6 pounds	9.3 pounds
Percent Body Fat Lost	1.4 %	3.1%
Average length of appetite control	4.6 hours	5.1 hours

The patients included 24 women and 3 men. Two patients voluntarily discontinued the study due to poor compliance with the study guidelines.

At 2 weeks on the PureTrim® Mediterranean Wellness Shakes, the average weight loss and average percent body fat reduction were significant.

At 4 weeks the average weight loss and average percent body fat reduction consistently improved.

The average length of appetite control actually increased the longer the PureTrim® Mediterranean Wellness Shakes were used, as noted in the improvement from the 2 week follow-up to the 4 week follow-up.

Each patient was asked to evaluate the taste of the PureTrim® Mediterranean Wellness Shakes, and the average score it received was 7.3.

It is significant to note that ALL patients lost weight.*

SIDE EFFECTS

No significant side effects were reported during the study.

REVIEWER CONCLUSIONS

All of the patients were observed to lose weight and decrease percent body fat.* All of the patients in the study noted satisfactory hunger control as well as a pleasant taste that was much better than expected.

It is easily concluded that the PureTrim® Mediterranean Wellness Shake is an effective product to enhance weight loss goals, and it is the obvious choice for use, with recent studies showing possible concerns of the use of products containing Soy and Whey.

*Please note: Dr. Knighton is on the PureTrim Medical Board. The results of his patient study are presented for educational purposes only and are atypical. Your own results from taking this product may vary. You may not achieve similar or same results. This product is intended to be used in conjunction with a reduced caloric diet and exercise program.