



17% of participants achieved a reduction in systolic blood pressure of over 10 mm Hg, and 33% of participants achieved a reduction of over 8 mm Hg.

Research shows that a 10 mm Hg reduction in systolic blood pressure reduces the risk of major cardiovascular events by 20%, coronary heart disease by 17%, stroke by 27%, heart failure by 28%, and all-cause mortality by 13%.¹



22% of participants achieved weight loss of 4.6% or higher.

Studies show that weight loss of 5% or greater is associated with a 48% risk reduction of cardiovascular events.²



60% of participants with abnormal liver function tests showed notable improvements, moving to within normal ranges.

Improvements in liver function are indicative of the positive impact of the diet on overall metabolic health.



60% of participants with high triglyceride levels pre-program showed reduced triglyceride results post-program.

Reducing triglyceride levels is associated with a lower risk of cardiovascular events.³

"The food's actually pretty good! The smaller sizes you get used to. I can see how much I've been overeating now. And you really don't need all the carbs and pasta and rice. My body feels a lot better for it."

"I definitely think I have more energy though, that's been the biggest change."



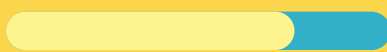
75%

Participants reported positive changes in their wellbeing.



25%

Participants noted improvements in energy levels



75%

Participants improved their knowledge of healthy eating