

PLEXUS SLIM® AND TRIPLEX CLINICAL STUDY ABSTRACT

BACKGROUND

The frequency of people being overweight has risen dramatically in recent years. Numerous natural weight management products are marketed claiming to help with weight loss. However few weight management products undergo scientific research demonstrating their safety and efficacy.

OBJECTIVES

The present study investigated the safety and efficacy of dietary supplements on weight loss in men and women with a BMI ≥ 27 kg/m² over 8 weeks.

STUDY DESIGN AND METHODS

In a multi-center, double-blind, placebo-controlled, randomized trial, 196 subjects were randomly assigned to either Plexus Slim supplement (one pack, twice a day) or Plexus Triplex™ supplements (one pack of Slim, twice a day; one capsule of BioCleanse, twice a day; and one capsule of ProBio5), or the corresponding placebo controls. During the study, subjects were guided to adhere to a Mediterranean Diet.

RESULTS

Of the 175 subjects who completed the study, subjects in the Triplex treatment group had lost a mean of 7.21lb (SEM = 0.70) body weight, while the placebo group lost a mean of 0.19 lb (SEM = 0.59) body weight ($p < 0.001$). Mean change in body weight from baseline to endpoint lost 5.45 lb (SEM = 0.94) and 3.12 lb (SEM = 0.76) for the Slim treatment and placebo groups, respectively; there was a trend to weight decrease with the Slim group ($p = 0.059$). The Triplex group had a much greater weight loss than the Slim group ($p < 0.001$), suggesting a substantially greater effect for Triplex. When using a body-mass index (BMI) cutoff of ≥ 35 , there were statistically significant differences in both mean body weight (-6.59 vs. -2.67 lb, $p = 0.025$) and BMI (-1.25 vs. -0.52, $p = 0.033$) changes in the Slim group, compared with placebo. Significantly greater reductions in both body weight (-8.84 vs. -0.42 lb, ($p < 0.001$) and BMI (-2.32 vs. 1.13, $p = 0.002$) were also found in the Triplex group, compared with placebo. There was a significant difference in the proportion of subjects achieving at least 5% of weight loss between the treatment and placebo groups ($p = 0.01$). There were 11.1% and 25.6% of individuals in the Slim and Triplex groups, respectively, who lost at least 5% of their initial body weight, while no individuals were found to have lost this much weight in the both placebo groups. No clinically significant adverse effects were observed.

CONCLUSIONS

Both Plexus Slim and Tri-Plex administrations are safe and effective adjunct to an eight-week diet weight loss program by inducing weight loss. In particular, both Slim and Triplex demonstrated significantly greater reductions in body weight in subjects who have heavier initial body weight (BMI ≥ 35).