

Appetite Control, Weight Loss, and Muscle Preservation

1-month real-world-evidence study (n=80) lead by Chris D'Adamo, PhD, University of Maryland

62% of participants lost weight
in just 4 weeks

Average weight loss among responder: **4.2 lbs** preserving muscle mass



STUDY DESIGN

- 80 overweight American adult
- Carb Fence 3× daily for 1 month
- Body composition scale: Daily measure
- Satiety survey at start and end



APPETITE & CRAVINGS IMPROVEMENT



Hunger
↓ **19%**



Snacking
↓ **30%**



Sugar Cravings
↓ **25%**

Significant reductions reported by participants

WEIGHT & BODY COMPOSITION



Lost Weight
62%



Avg Loss
Among Responders
4.2 lbs



Muscle Mass
Preserved

Results with normal diet and activity

COMPLIANCE & SAFETY



Daily Compliance
95%



No Serious
Adverse Events



Excellent
Tolerability



Chris D'Adamo, PhD
University of Maryland



100+
Peer-reviewed publications



Expert in nutrition and
lifestyle medicine