



## GOLO Studies

GOLO was originally developed in South Africa by a group of medical doctors. Several studies were conducted by the developers in conjunction with independent corporate wellness programs. The study data included on this website include the results from the South African studies and a study conducted by GOLO in the USA. The purpose of the studies was to investigate the GOLO weight loss philosophy and program and that managing insulin and minimizing muscle loss during dieting would be more effective in producing steady long-term sustainable weight loss. Study participants were not compensated. All blood analysis was independently obtained and any medication reductions or eliminations were made by the participants own personal physicians and not GOLO. There were control groups where some study participants followed the program but did not take the Release supplement. Study participants included very overweight people needing to lose well over 100 pounds and others who needed to lose 50 pounds. Results varied significantly depending on the amount of weight loss needed, compliance, and other factors such as age and health status.

### USA Study

In 2010, a controlled open trial was conducted in the USA on the GOLO program. Independent consultants were responsible for recording study results. Subjects were weighed and measured at the beginning of the Program and then weekly or monthly thereafter. A specialized scale was used which measured weight, BMI, body fat, visceral fat and metabolic age. Blood work was taken by an independent laboratory at the start and then at 90 days, 6 months and 12 months if applicable. Thirty-five overweight and mildly obese subjects 20+ years old with body mass index over 25 enrolled in the trial. Five of the 35 trial participants did not take the nutraceutical product and were designated as the control group. The aim of the study was to investigate the safety and efficacy of the GOLO Program--which included a novel dietary plan, exercise regimen, nutraceutical product and several behavioral modifications--and compare these results to an estimated average as reported in previous studies. The results showed an average weight loss of 30.9 pounds over 26 weeks, with an average loss of 1.19 pounds per week, in the 35 participants (including the control group). Subjects also achieved significant reductions in waist circumference, body size, and lowered key health risk factors such as blood triglycerides, blood pressure, and total cholesterol levels. Fourteen of the USA study participants were on prescription medications at the start of the study. After 6 months, 21 prescription medications were eliminated and 6 reduced. Any medication reductions or eliminations were made by the study subjects' personal physicians and not by GOLO.

## South African Studies

Between 2009 and 2014, several open trials were conducted in South Africa to examine the safety and efficacy of the GOLO program. Some of these trials were controlled. The first 3 of these trials were conducted in a structured corporate environment where obese employees of the company were invited to join the study. All volunteers were given the GOLO dietary plan and behavior exercises and were offered the option of taking the GOLO nutraceutical product designed to support healthy insulin response and maintain healthy blood glucose. Those who opted not to take the nutraceutical product were assigned to the control group. Several additional trials were subsequently conducted on overweight and obese volunteers, mainly in corporate environments, with similar trial designs.

### 25 Week Study

25 Week Study on Obese Individuals with a BMI over 30					
	Length	Subjects	Weight Loss	Ave. Loss	Waist Loss
	Weeks		(lbs.)	Per Wk (lbs.)	(inches)
Complete GOLO Program	25	17	53.4	2.1	6.8
Control-Program Only		4	20.9	0.8	6.3
			<b>32.5</b>	<b>1.3</b>	<b>0.5</b>

Participants on the complete program and Release supplement lost on average 32.5 pounds more than the control group (program only) over a 25 week period. Six of the 17 study participants were followed for 2 years in total and lost an average of 83.8 pounds and 12.1 inches from their waists.

### 90 Day Study

90 Day Study on Overweight Individuals with a BMI of less than 30					
	Length	Subjects	Weight Loss	Ave. Loss	Waist Loss
	Weeks		(lbs.)	Per Wk (lbs.)	(inches)
Complete GOLO Program	12	44	25.0	2.1	*
Control-Program Only	12	37	8.1	0.7	*
			<b>16.8</b>	<b>1.4</b>	
* not measured					

Participants lost an average of 25 pounds or 2.1 pounds per week on the complete program and 16.9 pounds more than the control group.

### 25 Week Study Summary

25 Week Study on Overweight and Obese Individuals					
	Length	Subjects	Weight Loss	Ave. Loss	Waist Loss
	Weeks		(lbs.)	Per Wk (lbs.)	(inches)
Complete GOLO Program	25	27	28.4	1.1	6.8
Control-Program Only	25	26	12.0	0.5	3.4

Participants lost an average of 28.4 pounds or 1.1 pounds per week on the complete program and 16.4 pounds more than the control group. Participants lost 3.4 inches more around the waist than the control group.

## **Conclusion**

The USA and South African study findings are consistent and demonstrate the ability to help overweight and obese individuals lose weight effectively while obtaining health benefits including the reduction in risk factors and the reversal of Metabolic Syndrome and pre-diabetes. The study findings also reinforce the effectiveness of the program as a total solution and that behavior change, a sustainable eating plan and nutraceutical intervention each play a role together in providing a total sustainable solution rather than a single tier solution.

### **Important Disclosure Statements:**

1. Testimonial results on this website were obtained over a period of 3 months to 2 years and may not be typical. Your results may be more than or less than the averages stated on this website. Those sharing testimonials were not compensated for their statements.
2. The GOLO trials were intervention studies conducted by qualified persons in an objective manner using procedures designed to yield accurate and reliable results. Study participants were not compensated. All blood analysis was independently obtained and any medication reductions or eliminations were made by the participants' own personal physicians and not by GOLO.
3. This product is not intended to diagnose, treat, cure or prevent any disease and the statements on this website have not been evaluated by the Food and Drug Administration. Consult your physician before starting GOLO or any other weight loss program and always consult with a medical professional before reducing or eliminating any medications.