

Scientific Evidence & Safety

Dossier Obeshape



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genius

Product Overview: ObeShape is a scientifically formulated meal replacement designed to support weight management, metabolic health, gut health, and nutritional adequacy. The formulation uses evidence-backed proteins, fibers, probiotics, MCTs, enzymes, and micronutrients.

1. Soy Protein Isolate

- Complete plant protein with all essential amino acids.
- Clinical studies show a reduction in LDL cholesterol and total cholesterol.
- Meta-analyses confirm no adverse hormonal or endocrine disruption at dietary doses. - Supports lean mass and metabolic health.

References: • Zare R, Devrim-Lanpir A, Guazzotti S, Ali Redha A, Prokopidis K, Spadaccini D, Cannataro R, Cione E, Henselmans M, Aragon AA. Effect of Soy Protein Supplementation on Muscle Adaptations, Metabolic and Antioxidant Status, Hormonal Response, and Exercise Performance of Active Individuals and Athletes: A Systematic Review of Randomised Controlled Trials. Sports Med. 2023 Dec;53(12):2417-2446. doi: 10.1007/s40279-023-01899-w. Epub 2023 Aug 21. PMID: 37603200; PMCID: PMC10687132.

Barańska, A.; Błaszczuk, A.; Kanadys, W.; Baczewska, B.; Jędrych, M.; Wawryk-Gawda, E.; Polz Dacewicz, M. Effects of Soy Protein Containing Isoflavones and Isoflavone Extract on Plasma Lipid Profile in Postmenopausal Women as a Potential Prevention Factor in Cardiovascular Diseases: Systematic Review and Meta-Analysis of Randomized Controlled Trials. Nutrients 2021, 13, 2531. <https://doi.org/10.3390/nu13082531>

2. Whey Protein Concentrate - Provides a complementary amino acid profile and is widely used. It is a safe dairy-derived protein.

3. MCT Fat Powder - Rapidly metabolized fat source. - Supports satiety and energy expenditure. It is generally safe at low doses; mild GI effects at high intake.

References:

Chapman-Lopez TJ, Koh Y. The Effects of Medium-Chain Triglyceride Oil Supplementation on Endurance Performance and Substrate Utilization in Healthy Populations: A Systematic Review. J Obes Metab Syndr. 2022 Sep 30;31(3):217-229. doi: 10.7570/jomes22028. Epub 2022 Sep 13. PMID: 36096496; PMCID: PMC9579472.

4. Dietary Fibers

- Improve gut microbiota and insulin sensitivity.
- Psyllium has an FDA-approved heart health claim.
- FOS acts as a prebiotic improving SCFA production.

References:

Carlson JL, Erickson JM, Lloyd BB, Slavin JL. Health Effects and Sources of Prebiotic Dietary Fiber. Curr Dev Nutr. 2018 Jan 29;2(3):nzy005. doi: 10.1093/cdn/nzy005. PMID: 30019028; PMCID: PMC6041804.

5. Probiotic Blend

- Supports gut health, immunity, and metabolic regulation.
- Clinical trials show benefits in metabolic parameters when combined with fiber.
- Safe in healthy adults.

References:

Sharifi-Rad J, Rodrigues CF, Stojanović-Radić Z, Dimitrijević M, Aleksić A, Neffe-Skocińska K, Zielińska D, Kołożyn-Krajewska D, Salehi B, Milton Prabu S, Schutz F, Docea AO, Martins N, Calina D. Probiotics: Versatile Bioactive Components in Promoting Human Health. Medicina (Kaunas). 2020 Aug 27;56(9):433. doi: 10.3390/medicina56090433. PMID: 32867260; PMCID: PMC7560221.

6. Digestive Enzyme Blend - Improves digestion and nutrient absorption. - Reduces GI discomfort associated with high-protein diets. Protease, lactase, cellulase, amylase

- 7. Vitamins & Minerals
- Helps meet RDA requirements.
- Supports metabolic and endocrine function.

8. Safety & Prescribing Confidence

- All ingredients are food-grade and commonly used in clinical nutrition. No stimulants or hormonal agents.
- Suitable as adjunct nutrition in obesity, insulin resistance, and GLP-1 therapy.

