

Obesimed® Forte - Lyon MR, Reichert RG. The effect of a novel viscous polysaccharide along with lifestyle changes on short-term weight loss and associated risk factors in overweight and obese adults: an observational retrospective clinical program analysis. Altern Med Rev. 2010 Apr;15(1):68-75.

Authors (year published)	Study design	Total patients	Intervention	Reported outcomes/results	Adverse events	Appraisal	Level
Lyon MR et al., 2010	Observational retrospective clinical program analysis	29	5 g PolyGlycopleX for 14 weeks	Significant reductions in weight waist circumference and percentage body fat	No	D2 A1 P1 R1 T1 O1 F1 S1 C1	II

CASP Questions for making sense of evidence

1. Did the study ask a clearly focused question?	2. Was this a RCT, and was it appropriately so?	3. Were participants appropriately allocated to intervention and control groups?	4. Were participant, staff, and study personnel blinded to participants' study group?	5. Were all participants who entered the trial accounted for at its conclusion?	6. Were the participants in all groups followed up and data collected in the same way?	7. Did the study have enough participants to minimize the play of chance?	8. How are the results presented, and what is the main result?	9. How precise are these results?	10. Were all important outcomes considered so that the results can be applied?
Yes	Yes. Appropriate for this study	Yes. Participants randomly assigned to PGX® 5 g for 14 weeks	Yes	Yes. 29 overweight or obese adults	Safety and efficacy data obtained on all patients	Yes-power analysis performed.	Significant reductions in weight (-5,79 +/- 3,55 kg), waist circumference, and percentage body fat.	Statistical tests appropriately used can have confidence in results.	Efficacy and safety both considered.

Synopsis - Lyon MR, Reichert RG. The effect of a novel viscous polysaccharide along with lifestyle changes on short-term weight loss and associated risk factors in overweight and obese adults: an observational retrospective clinical program analysis. Altern Med Rev. 2010 Apr;15(1):68-75.

Aim: to investigate the efficacy of PolyGlycopleX on short-term weight loss and associated risk factors in overweight and obese adults.

Study design: observational retrospective clinical program analysis.

Subjects: 29 overweight or obese adults (23 women; 6 men), ages 20-65 with a body mass index (BMI) range of 25 kg/m² to 36 kg/m² participated in a clinical weight-loss program. 5 g PolyGlycopleX (konjac glucomannan, xanthan gum and sodium alginate) was consumed with 500 mL water, 5-10 minutes before each meal, 2-3 times daily for 14 weeks.

Results: Significant reductions were observed (p less than 0,05) in weight (-5,79 +/- 3,55 kg), waist circumference (-12,07 +/- 5,56 cm), and percentage body fat (-2,43 +/- 2,39 percent) compared to baseline values. In addition, subjects employing PGX had a significant reduction of 19,26 percent (n=17; p less than 0,05) and 25,51 percent (n=16; p less than 0,05) in total and LDL plasma cholesterol values, respectively, at the end of the study period.

Authors' conclusion: the consumption of PolyGlycopleX (konjac glucomannan, xanthan gum and sodium alginate) in concert with lifestyle modifications may be a useful strategy for weight loss in overweight and obese individuals.