ADIPONECTIN Research

IMPORTANT RESEARCH

Implications of Adiponectin Levels on Weight Loss & Health

Differences in Adiponectin Levels

Adiponectin levels of lean vs. obese people
Average Differential: 30.7% - 44.3%
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3830357/table/T2/

40% increase in adiponectin level with use of 20 grams of key ingredient in the Reset Pack for 12 weeks (Reset Pack has more than 20 grams of key ingredient)
https://www.ncbi.nlm.nih.gov/pubmed/20016147

Studies Showing the Benefits of High Adiponectin Levels

High Adiponectin levels predict a lower prevalence of Type 2 Diabetes
http://care.diabetesjournals.org/content/27/6/1451.long

High Adiponectin levels as an anti-inflammatory marker
https://www.ncbi.nlm.nih.gov/pubmed/17343838

Heavier adolescents have a greater benefit from high levels of Adiponectin
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4313924/

American Diabetes Association study shows Adiponectin plays a pivotal role in carbohydrate & lipid metabolism and vascular biology
http://care.diabetesjournals.org/content/26/8/2442.long

Studies Showing the Dangers of Low Adiponectin Levels

Low Adiponectin levels correlate to obesity, diabetes and coronary artery disease
https://www.ncbi.nlm.nih.gov/pubmed/12149104

Low Adiponectin levels correlate to obesity, diabetes and cardiovascular disease
http://onlinelibrary.wiley.com/doi/10.1111/j.1559-4572.2008.00030.x/full

Obese people have higher risk of developing:
Type 2 Diabetes, high cholesterol, high blood pressure, stroke, non-alcoholic fatty liver disease, gallbladder disease, and gynecological problems such as infertility
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3830357/

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