

Shaking up weight loss: CSIRO research finds meal replacement shakes offering stacks up

New analysis has found

98% 

of CSIRO's Total Wellbeing Diet members lost weight on the meal replacement shakes and online program, with



3 out of 4

members achieved clinically significant weight loss in 12 weeks, reducing the risk of chronic diseases such as type 2 diabetes and heart disease.

1 in 5



lost **10%** or more of their body weight.

New analysis of over

10,300

CSIRO Total Wellbeing Diet members using Fast Start showed

28% 

of people shifted out of the obese category after 12 weeks, and

31% 

did so after 24 weeks.

On average, those who completed the program lost an average of

7.4% 

(7 kgs) of their starting weight in the first 12 weeks.

Christine lost **48.2 kg** in **13 months** with the Fast Start Shakes.

“Find what works for you. Be prepared to make a change in how you want to live. Trust the science and don't give up!”



Fast Start meal replacement shakes...

taken two times a day for three weeks, used in conjunction with the Total Wellbeing Diet, can help kickstart your health journey and aid weight loss.



totalwellbeingdiet.com

Citation: Baird, D., and Hendrie, G. (2024) Fast Start: Summary of results. CSIRO, Australia.