



Effects of Liver Protect® Complet on Visceral Fat, Lipid Profile and Metabolic Parameters during Energy Restriction

Product: Biostile Liver Protect® Complet (BLPT®)

PUBLISHED

2022 ·
Foods
(MDPI)

INSTITUTION

University
of
Primorska,
Faculty of
Health
Sciences

DURATION

8 weeks

PARTICIPANTS

120
overweight/obese
adults

REGISTRY

NCT05333315

STUDY OBJECTIVE

To investigate the effects of Biostile Liver Protect® Complet — a two-formula supplement combining amino acids, vitamins, choline, milk thistle and shisandra — on anthropometric and metabolic parameters in 120 overweight and obese adults over 8 weeks, in combination with an energy-restricted diet. The study compared Liver Protect® against four other supplements and a placebo.

METHODOLOGY

Design	Interventional, randomised, comparative, placebo-controlled study
Participants	120 healthy adults (BMI 25–30 kg/m ²), all following a calorie-restricted diet
Primary endpoints	Body weight, BMI, visceral fat, total cholesterol, LDL, inflammatory markers
Assessments	Baseline, Week 4, Week 8
Authors	Jenko Pražnikar Z., Mohorko N., Gmajner D., Kenig S., Petelin A.
DOI	10.3390/foods12112122 · ClinicalTrials: NCT05333315

PRODUCT COMPOSITION

FORMULA 1 — CELLULAR SUPPORT

- **Choline**
Supports normal liver function, lipid and homocysteine metabolism
- **Vitamin B6, B12 & Folic Acid**
Support normal energy metabolism, homocysteine and amino acid synthesis
- **Vitamin D**
Supports normal immune system function

FORMULA 2 — BOTANICAL LIVER PROTECTION

- **Milk Thistle (Phytosome)**
Supports liver health and detoxifying potential of the liver^a
- **Grape Seed Extract (Phytosome)**
Enhanced bioavailability via phytosomal delivery system
- **Shisandra chinensis**
Hepatoprotective properties; supports physiological purifying functions^b and adaptogenic activity^c

KEY CLINICAL RESULTS — AFTER 8 WEEKS

-3.2 kg

Reduction in body weight (up to 3.2 kg)*

-1.14 BMI

Reduction in body mass index (up to 1.14 units)*

-0.62 units

Reduction in visceral fat rating (up to 0.62 units)*

-0.35 mmol/L

Reduction in total cholesterol (0.35 mmol/L)*

STANDOUT RESULTS

6x

Higher reduction of visceral fat compared to the placebo group at 4 weeks — the most significant difference vs. control across all five supplements tested

40%

Of participants reported better well-being, improved regular digestion, less bloating and more regular bowel movements during the 8-week study

SAFETY & TOLERABILITY

- ✓ All participants were healthy individuals with BMI between 25 and 30 kg/m². The study was conducted by an independent academic institution (University of Primorska). Biostile supplied the supplements but had no involvement in study design, data analysis or writing of the paper. No serious adverse events were reported.

In an 8-week randomised clinical study, Biostile Liver Protect® Complet significantly reduced body weight (-3.2 kg), BMI (-1.14), visceral fat (-0.62 units) and total cholesterol (-0.35 mmol/L). Most notably, it achieved a 6× greater reduction in visceral fat compared to placebo — the strongest visceral fat effect among all five supplements tested — with 40% of participants reporting improved digestive wellbeing.

¹ Jenko Pražnikar Z., Mohorko N., Gmajner D., Kenig S., Petelin A. *Effects of Four Different Dietary Fibre Supplements on Weight Loss and Lipid and Glucose Serum Profiles during Energy Restriction in Patients with Traits of Metabolic Syndrome*. *Foods* 2023, 12, 2122. doi: 10.3390/foods12112122. ClinicalTrials.gov: NCT05333315.

* Results after 8 weeks in combination with an energy-restricted diet.

^a EFSA Botanical claim on hold No. 3821 · ^b EFSA Botanical claim on hold No. 3820 · ^c EFSA Botanical claim on hold No. 3580

This document is intended for professional audiences and is not directed at the end consumer.

This document is a summary of a peer-reviewed published study.
Full study: doi.org/10.3390/foods12112122 · © 2025 Biostile d.o.o.

biostile.si