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OBESITY: **ISOTONE SYNERGETIC SOLUTION**

N5Digital, Inc.
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IsoTone device contributes to a synergistic solution that enhances the effectiveness of medications while providing accessible, efficient, and versatile exercise options. Recent developments in obesity medications have shown promise in improving metabolic health, with exercise remaining a critical component of the obesity treatment.

MEDICATIONS COMPONENT

Below is a list of several medications currently used to treat obesity, and their mechanisms. These drugs focus on different aspects of weight regulation and appetite control:

1. **Orlistat (Xenical, Alli):**
 - **Mechanism:** Orlistat inhibits the enzyme lipase, reducing the absorption of fat in the intestines by approximately 30%.
2. **Liraglutide (Saxenda):**
 - **Mechanism:** Liraglutide is a GLP-1 receptor agonist, which slows gastric emptying and increases feelings of fullness, thus reducing food intake.
3. **Semaglutide (Wegovy):**
 - **Mechanism:** Similar to Liraglutide, Semaglutide mimics the GLP-1 hormone, but with a longer duration of action, suppressing appetite and promoting weight loss.
4. **Phentermine-Topiramate (Qsymia):**
 - **Mechanism:** This combination of an appetite suppressant (Phentermine) and an anticonvulsant (Topiramate) reduces hunger and enhances satiety.
5. **Naltrexone-Bupropion (Contrave):**
 - **Mechanism:** This combination affects the hypothalamus (hunger control) and the mesolimbic reward system (behavioral control), reducing cravings and food intake.

ISOTONE COMPONENT

Here is the IsoTone's contribution to the synergy treatment of obesity:

1. **Synergy with Obesity Medications:**
 - Obesity medications are designed to reduce appetite and increase metabolism, but they work most effectively when combined with regular physical activity. IsoTone, by offering a versatile and engaging exercise tool, complements these

medications by enabling users to burn more calories efficiently, thereby enhancing the medications' effectiveness.

2. Calorie-Burning Efficiency:

- IsoTone's patent-pending technology ensures that every movement contributes to calorie burning, making it an ideal tool for overweight and obese individuals who may find traditional gym workouts daunting or too physically demanding. The continuous resistance offered by IsoTone maximizes caloric expenditure in a short amount of time, supporting weight loss and metabolic improvements.

3. Accessibility and Ease of Use:

- IsoTone's lightweight and compact design ensures that it can be used at home, in gyms, or even in clinical settings. Its versatility allows users of any fitness level to begin exercising without fear of injury or overexertion, addressing the common barriers to physical activity in obese populations.

4. Progress Monitoring for Motivation:

- The built-in effort gauge provides real-time feedback, helping users and healthcare providers monitor progress and adjust exercise intensity. This feature is particularly useful for obese patients, as it helps them set realistic goals, track their achievements, and stay motivated.

5. Physical Activity for Sedentary Lifestyles:

- Many obese individuals lead sedentary lives due to work or mobility challenges. IsoTone provides a practical solution for incorporating regular physical activity into their daily routines without the need for extensive gym equipment or space. Its adaptability allows it to be used while sitting or standing, making it highly accessible for those with limited mobility.

