

Optimizing more than just weight: Muscle preservation and visceral fat loss in over 250 patients treated with the Allurion Smart Capsule in Canada

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Introduction: Preserving muscle mass while reducing excess body weight is critical for improving metabolic health and supporting durable weight maintenance. This analysis evaluated changes in body weight and composition among adults treated with the Allurion Program in Canada.

Methods: Data were analyzed from adults in Canada who participated in the Allurion Program and had complete baseline and 4-month follow-up data from an at-home bioelectrical impedance scale. Key endpoints included total body weight loss (TBWL), change in body mass index (BMI), relative muscle mass (as a percentage of body weight), and visceral fat index.

Results: From a dataset of 1048 Canadian patients, 272 had complete data from the 4-month program. The study population had a mean age of 42.7 ± 10.8 years, a mean baseline weight of 102.6 ± 20.0 kg, and 86.8% were female. After 4-months, participants achieved a mean weight loss of 10.1 ± 5.4 kg, equivalent to $10.0 \pm 5.0\%$ TBWL, and a mean BMI reduction of 3.72 ± 1.9 kg/m². Relative muscle mass increased by 4.9% as a percentage of body weight, while visceral fat index decreased by 9.0%, with comparable benefits observed across age and sex categories.

Conclusion: In this Canadian cohort, the Allurion Program was associated with clinically meaningful weight loss together with preservation and relative enhancement of muscle mass and a reduction in visceral fat. These findings support the potential of the Allurion approach to promote healthier body composition beyond weight loss alone and may help contribute to improved long-term metabolic outcomes.