

Allurion Announces Publication of New Data Demonstrating Lean Mass Gains in Patients Experiencing 14% Weight Loss

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Patients gained an average of 5.6% in lean body mass during the Allurion Program

Separate studies of patients on GLP-1 therapy report an average lean mass loss of 11%¹

NATICK, Mass.--(BUSINESS WIRE)-- **Allurion Technologies, Inc.** (NYSE: ALUR), a company dedicated to ending obesity, today announced the **publication of a study** demonstrating an average lean mass gain of 5.6% in patients with an average weight loss of 14% at four months on the Allurion Program. Vital signs and physical activity were tracked in real-time with the Allurion App, Connected Scale, and Health Tracker, and follow-up was provided through the AI-powered Allurion Virtual Care Suite.

In the study, 571 patients across three obesity centers treated with the Allurion Program reduced their weight on average by 13.9kg from 97.9kg to 84.0kg in just four months. Over that same period, lean mass—which includes muscle mass—increased by 2.8kg on average from 49.8kg to 52.6kg.

Higher activity patients, walking more than 8,000 daily steps on average, achieved higher weight loss (15.6kg on average, from 97.7kg to 82.1kg) and gained more lean mass (increased by 2.8kg on average from 50.9kg to 53.7kg) than their lower activity counterparts who achieved a weight loss of 13.6kg on average, from 98.2kg to 84.6kg, and whose lean mass increased by 1.8kg on average, from 49.5 to 51.3kg.

All patients experienced significant reductions in body fat percentage, decreasing from 32.7% to 27.9% in just 4 months.

Previous studies evaluating body composition changes in patients treated with GLP-1s have demonstrated that lean body mass losses are common, ranging from 3-11% lean mass reductions after around a year of treatment. Importantly, these studies did not incorporate any real-time monitoring of body composition or personalized approaches to promote lean mass preservation or muscle mass gain.^{1,2}

“Historically, weight loss has come at the expense of lean muscle mass, the maintenance of which is critical to overall health. These results demonstrate just the opposite, providing evidence that it is possible to lose significant amounts of weight while maintaining, and even increasing, lean body mass,” said Dr. Shantanu Gaur, Founder and CEO of Allurion. “We believe that this data underscores the impact of real-time monitoring of body composition and personalized recommendations through our AI-powered Virtual Care Suite. In fact, we believe that using Allurion’s AI platform with other modalities—including GLP-1s, where muscle mass loss is a significant risk—may be a promising path forward.”

Sources: 1. Jastreboff AM, Aronne LJ, Ahmad NN, et al. Tirzepatide Once Weekly for the Treatment of Obesity. *N Engl J Med*. 2022;387(3):205-216. doi:10.1056/NEJMoa2206038. 2. Wilding JPH, Batterham RL, Calanna S, et al. Once-Weekly Semaglutide in Adults with Overweight or Obesity. *N Engl J Med*. 2021;384(11):989-1002. doi:10.1056/NEJMoa2032183

About Allurion

Allurion is dedicated to ending obesity. The Allurion Program is a weight loss platform that features the Allurion Gastric Balloon, the world’s first and only swallowable, procedure-less intragastric balloon for weight loss, and offers access to the Allurion Virtual Care Suite, including the Allurion Mobile App for consumers, Allurion Insights for health care providers featuring the Coach Iris AI Platform, and the Allurion Connected Scale. The Allurion Virtual Care Suite is also available to providers separately from the Allurion Program to help customize, monitor and manage weight loss therapy for patients regardless of their treatment plan: gastric balloon, surgical, medical or nutritional. The Allurion Gastric Balloon is an investigational device in the United States.

For more information about Allurion and the Allurion Virtual Care Suite, please visit www.allurion.com

Allurion is a trademark of Allurion Technologies, Inc. in the United States and countries around the world.

Forward-Looking Statements

This press release may contain certain forward-looking statements within the meaning of the U.S. federal and state securities laws. These forward-looking statements generally are identified by the words “believe,” “project,” “expect,” “anticipate,” “estimate,” “intend,” “strategy,” “future,” “opportunity,” “plan,” “may,” “should,” “will,” “would,” “will be,”

“will continue,” “will likely result,” and similar expressions and include statements regarding the ability of the Allurion Program, including the VCS, to improve patient and clinical outcomes, including outcome improvements over time, the impact of a behavior change coaching skills course, and the impact of gLP-1s on the Allurion Program. Forward-looking statements are predictions, projections and other statements about future events that reflect the current beliefs and assumptions of Allurion’s management based on information currently available to them and, as a result, are subject to risks and uncertainties. Many factors could cause actual future results or developments to differ materially from the forward-looking statements in this communication, including but not limited to (i) the ability of Allurion to obtain and maintain regulatory approvals for and successfully commercialize the Allurion Program, including the Allurion Balloon and the VCS, (ii) the timing of, and results from, our clinical studies and trials, (iii) the evolution of the markets in which Allurion competes, (iv) the ability of Allurion to defend its intellectual property, (v) the impact of the COVID-19 pandemic, the Russia and Ukraine war, and the Israel-Hamas conflict on Allurion’s business, (vi) Allurion’s expectations regarding its market opportunities, including those for the VCS platform, and (vii) the risk of economic downturns and a changing regulatory landscape in the highly competitive industry in which Allurion operates. The foregoing list of factors is not exhaustive. You should carefully consider the foregoing factors and the other risks and uncertainties described in the “Risk Factors” section of Allurion’s Annual Report on Form 10-K filed on March 26, 2024 (as subsequently amended) and other documents filed by Allurion from time to time with the U.S. Securities and Exchange Commission. These filings identify and address other important risks and uncertainties that could cause actual events and results to differ materially from those contained in the forward-looking statements. Forward-looking statements speak only as of the date they are made. Readers are cautioned not to put undue reliance on forward-looking statements, and Allurion assumes no obligation and does not intend to update or revise these forward-looking statements, whether as a result of new information, future events, or otherwise. Allurion does not give any assurance that it will achieve its expectations.

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