

Get started on the journey to a *new you* today

Medically supervised weight loss through the **OPTIFAST®** program is clinically proven to help you lose weight.* **OPTIFAST®** patients who actively participate in a 26-week program typically lose approximately **50 POUNDS**.^{1,2}



Weight Loss That Puts You On Top



- The **OPTIFAST®** program is recommended for patients with a body mass index ≥ 30 kg/m² who also have one or more weight-related medical conditions
- Medically supervised weight loss through our clinically proven program helps patients lose weight
- Patients who actively participate in a 26-week program typically lose approximately **50 POUNDS**, with weight-related improvements in blood glucose, blood pressure, and cholesterol levels¹⁻³



The journey to a **NEW YOU** today starts today!
Visit www.OPTIFAST.com to learn more.

1. Ard JD, Schroeder MC, Kivild K, et al. Practical application of a comprehensive weight management program in patients with and without metabolic syndrome. *J Obes Weight Loss Ther.* 2014;54:007. 2. Wadden TA, Foster GD, Letizia KA, et al. A multicenter evaluation of a proprietary weight reduction program for the treatment of marked obesity. *Arch Intern Med.* 1992;152(5):961-966. 3. Drawert S, Bedford K, Largent D. Change in glucose, blood pressure, and cholesterol with weight loss in medically obese patients. *Obesity Res.* 1996;4(S1):67S.

www.OPTIFAST.com • 1-800-662-2540
Bridgewater, NJ 08807 U.S.A.

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.

©2017 Nestlé. All rights reserved. OPTI-14140-0817



OPTIFAST®

WEIGHT LOSS THAT PUTS YOU ON TOP



The science-based program that delivers weight loss for health gains

Look inside to find out more

OPTIFAST®

*The OPTIFAST® program is recommended for patients with a body mass index ≥ 30 kg/m² who also have one or more weight-related medical conditions.

Delivering *weight loss* for health gains

Through weight loss, the **OPTIFAST®** program can help improve the state of certain medical conditions of patients related to their excess weight. This clinically proven program was designed to help patients improve their health by losing weight under medical supervision.¹⁻³

OVER 26 WEEKS



AVERAGE WEIGHT LOSS

approximately
50 lb^{1,2}



HIGH BLOOD PRESSURE

10%-15%
average decrease
in blood pressure²



HIGH CHOLESTEROL

15%
average decrease
in total cholesterol²

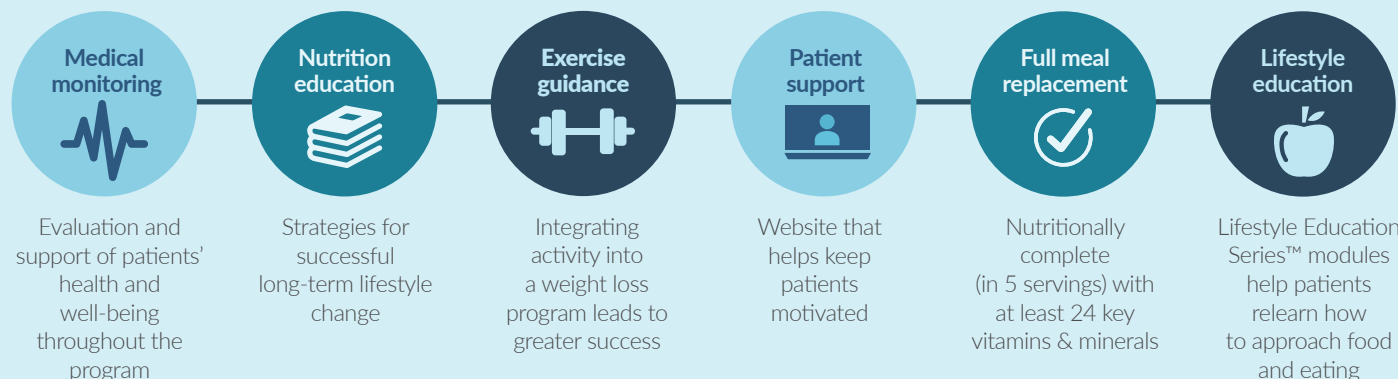


DIABETES

lower blood
glucose levels
vs. baseline³

How can the OPTIFAST® program *support* your weight loss efforts?

Our comprehensive weight loss program contains multiple components, including medical, nutritional, and behavioral support, to help you lose weight.



Your weight loss *journey*

Participation in the **OPTIFAST®** program includes 3 key phases designed to help you lose weight by helping to change your relationship with food and eating. Each patient receives an individual evaluation to customize the program to meet his or her needs.

ACTIVE WEIGHT LOSS PHASE

During this phase, you will eat a diet of **OPTIFAST®** full meal replacement products

TRANSITION PHASE

Self-prepared foods are gradually reintroduced into your diet, while you attend classes to help change the way you think about and approach food and eating

MAINTENANCE PHASE

You should continue to attend ongoing support sessions to help you maintain your weight loss and manage your weight long-term



MONTHS

1-4

MONTHS

4-6

MONTHS

6-24

