WELCOME TO THE

CENTER FOR
MEDICAL WEIGHT LOSS

OPTIFAST® PROGRAM
BECAUSE OUR UNIQUE AMERICAN LIFESTYLE OFTEN LEADS TO OBESITY

Super-sized meals

Sedentary lifestyle

High-calorie food-filled environment

OBESITY IS A GROWING MEDICAL CONCERN

• The prevalence of obesity in the United States is high

• Population data suggest that the number of adults with BMI ≥30 kg/m² (the measure for obesity) more than doubled between 1990 and 2008¹

• Projected rates of adult obesity may reach 50% by 2030¹

More than 40% of US adults are considered to be either obese or severely obese²

Obesity is STRONGLY LINKED to diabetes, hypertension, coronary heart disease, stroke, certain cancers, obstructive sleep apnea, osteoarthritis, and decreased reproductive performance³

The cost of treating obesity-related conditions in the United States is more than $147 BILLION per year⁴

Individuals with obesity pay, on average, 42% more for overall healthcare costs and spend 80% more on prescription medications⁴

BMI, body mass index, is a measure of body fat using a formula that divides a person’s weight in kilograms (1 kg=2.2 lb) by the square of their height in meters (1 m=3.3 ft)

OBESITY is associated with many health problems

**Mental health problems**
- Poor self-image
- Depression
- Poor quality of life
- Eating disorders

**Nervous system problems**
- Stroke
- Memory loss that gets worse over time

**Breathing problems**
- Inability to breathe for short periods while sleeping
- Reduced air in the lungs
- Asthma
- Shortness of breath, labored breathing

**Heart problems**
- Clogged arteries
- High blood pressure
- Abnormal amounts of fat in the blood
- Heart failure

**Gastrointestinal problems**
- Non-alcoholic fatty liver disease, serious liver damage
- Gallbladder disease, possibly gallstones
- Pancreatitis
- GERD
- Hernia

**Sexual and urinary problems**
- Enlarged kidney with lump-like growths
- Abnormal menses in females
- Fertility problems
- Unable to control the flow of urine
- Abnormally low production of male sex hormones

**Muscle and bone problems**
- Gradual loss of cartilage
- Loss of joint movement
- Chronic pain (knees and back)

**Skin problems**
- Slowly and poorly healing sores and wounds
  - Bacterial infection below the skin surface
  - Swelling caused by blocked lymph glands

**Metabolism problems**
- Type 2 diabetes
- Gout

**Cancers**
- Esophagus
- Stomach
- Colorectal
- Liver
- Gallbladder
- Pancreas
- Breast
- Uterus
- Ovary
- Kidney
- Brain
- Thyroid
- Bone marrow

**Breathing problems**
- Inability to breathe for short periods while sleeping
- Reduced air in the lungs
- Asthma
- Shortness of breath, labored breathing

**Muscle and bone problems**
- Gradual loss of cartilage
- Loss of joint movement
- Chronic pain (knees and back)

**Skin problems**
- Slowly and poorly healing sores and wounds
  - Bacterial infection below the skin surface
  - Swelling caused by blocked lymph glands

**Metabolism problems**
- Type 2 diabetes
- Gout

**Cancers**
- Esophagus
- Stomach
- Colorectal
- Liver
- Gallbladder
- Pancreas
- Breast
- Uterus
- Ovary
- Kidney
- Brain
- Thyroid
- Bone marrow

WEIGHT LOSS DRIVES IMPORTANT HEALTH BENEFITS
in studies with total diet replacements and meal replacements

THE WEIGHT LOSS SPECTRUM

- There is a wide scope of weight loss options available to patients with obesity.
- Options range from less intensive—such as do-it-yourself diets—to more intensive, such as medically supervised weight loss programs and bariatric surgery.
- As BMI and health risks increase, so does the need for a more intensive approach to weight loss.
- Medically supervised weight loss through a program such as the OPTIFAST® program is clinically proven to help patients lose weight.\(^1\),\(^2\)

**BMI 25-29**

DO-IT-YOURSELF
- Books
- Retail diets
- Meal substitutes
- Functional foods
- Natural foods
- Fitness clubs

PARTIALLY PERSONALIZED
- Standardized counseling
- Direct-to-consumer programs

FULLY PERSONALIZED
- Tailored counseling and advice
- Prepared meals
- Some meal replacements

**BMI ≥30**

MEDICALLY MONITORED
- OPTIFAST® program
  - Clinical setting
  - Full meal replacements
  - Physical activity and behavioral counseling

WEIGHT LOSS MEDICATIONS
- Over-the-counter and prescription medications
- Varying mechanisms of action that assist with weight loss

BARIATRIC SURGERY
- Gastric bypass
- Gastric banding
- Sleeve gastrectomy

References:
Diets using full meal replacements are associated with significant weight loss and greater weight loss than typical food diets by reducing dietary variety and providing portion control\textsuperscript{1,2}.

Full meal replacement reduces food choices and provides the structure needed to ensure that patients consume a predictable number of calories for consistent weight loss\textsuperscript{1}.

Limiting food choices through full meal replacement helps suppress food cravings\textsuperscript{2}.

CHANGING YOUR RELATIONSHIP WITH FOOD

OPTIFAST® MEAL REPLACEMENTS AND COUNSELING PROVIDE

- Routine, structured meals
- Complete nutrition
- Help with developing new skills to change the way you think about and approach food and eating
- Stimuli control—fewer food choices leading to easier satisfaction
- Portion control
- Simplifies planning—less interaction with food
OPTIFAST® PROGRAM

Why does the OPTIFAST® program work?

• The OPTIFAST® program succeeds because it treats the WHOLE YOU—not just your weight.

• The OPTIFAST® program has been proven effective for over 40 YEARS and cited in more than 80 publications.

Each patient will be closely monitored and given the support, education, and tools to experience weight loss and reduce weight-related health risks.
YOUR WEIGHT LOSS PLAN

A SPECIALIZED PROGRAM FOR MEANINGFUL WEIGHT LOSS

1. Obesity is a chronic disease caused by many factors.\(^1\)
2. It requires a lifelong effort to manage weight loss and maintain proper body weight.\(^1\)
3. Success means improved overall health and reduced health problems related to obesity.\(^1\)

The **OPTIFAST\(^\circledast\)** program uses medical, nutritional, and behavioral elements to help you.

We offer a clinically proven, easy-to-follow plan.

Full meal replacement program provides control of eating urges by decreasing food cues to help you control the amount and type of food you eat\(^2\).

References:
DELIVERING WEIGHT LOSS FOR HEALTH GAINS

HELPS YOU ACHIEVE WEIGHT LOSS SUCCESS

The clinically proven OPTIFAST® program is designed to help you lose weight under medical supervision to improve certain obesity-related health problems.¹,²

Over 26 Weeks:

- AVERAGE WEIGHT LOSS: approximately 50 lb¹,²
- HIGH BLOOD PRESSURE: 10%-15% average decrease in blood pressure²
- HIGH CHOLESTEROL: 15% average decrease in total cholesterol²
- DIABETES: lower blood glucose levels compared to starting point³

Your Weight Loss Plan

Optifast® Program Overview

Components

Lifestyle Changes  Educational Modules  Full Meal Replacement Diet  Medical Supervision

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 participant receives an individual evaluation to customize the program to meet his or her needs.

Phases

Active Phase
During this phase you will consume only Optifast® full meal replacement products while attending classes to achieve lifestyle modification.

Transition Phase
Self-prepared foods are gradually reintroduced into your diet, with continued weight loss, while you continue to attend classes with added food labs 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 in the future.
COMPREHENSIVE OBESITY MANAGEMENT

Medical Monitoring
Evaluation and support of your health and well-being throughout the program

Exercise Guidance
Integrating activity into a weight loss program leads to greater success

Full Meal Replacement
Nutritionally complete (in 5 servings) with at least 24 key vitamins and minerals

Nutrition Education
Strategies for successful lifestyle change

Patient Support
Website and app for helpful information

Lifestyle Education
Lifestyle Education Series™ modules help you relearn how to approach food and eating
# OPTIFAST® PRODUCTS NUTRITIONAL INFORMATION

## Products and Nutritional Information per Serving

<table>
<thead>
<tr>
<th>Product</th>
<th>Flavors</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carb (g)</th>
<th>Fat (g)</th>
<th>Fiber (g)</th>
<th>Gluten Free</th>
<th>Suitable for Lactose Intolerance</th>
</tr>
</thead>
<tbody>
<tr>
<td>OPTIFAST 800®</td>
<td>Vanilla, Chocolate, Strawberry</td>
<td>160</td>
<td>16</td>
<td>18</td>
<td>3.5</td>
<td>3</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Ready-to-Drink</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shake</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>OPTIFAST 800®</td>
<td>Vanilla, Chocolate, Strawberry</td>
<td>160</td>
<td>16</td>
<td>18</td>
<td>3.5</td>
<td>3</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Shake Mix</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>OPTIFAST 800®</td>
<td>Tomato, Chicken, Vegetable</td>
<td>160</td>
<td>16</td>
<td>18</td>
<td>3.5</td>
<td>3</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Soup Mix</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>OPTIFAST 800®</td>
<td>Chocolate, Peanut Butter Chocolate, Apple Cinnamon</td>
<td>160</td>
<td>16</td>
<td>18</td>
<td>4-5</td>
<td>3</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>Bar</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>OPTIFAST HP®</td>
<td>Vanilla, Chocolate</td>
<td>200</td>
<td>26</td>
<td>10</td>
<td>6</td>
<td>0</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Shake Mix</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
CONTACT US

CALL (256) 265-3072 TO SCHEDULE YOUR INFORMATION SESSION
The OPTIFAST® program can help you lose weight, which will help improve certain obesity-related health problems\textsuperscript{1-3}

- The OPTIFAST® program succeeds because it considers the WHOLE YOU—not just your weight
- The OPTIFAST® program has been proven effective for over 40 YEARS and cited in more than 80 publications

You will be closely monitored and given the support, education, and tools to experience weight loss and reduce weight-related health risks

\textbf{SUMMARY OF OPTIFAST® PROGRAM BENEFITS}
