

# OPTIFAST<sup>®</sup> VERY LOW CALORIE DIET



## Choose your way to a healthier future



Fast weight loss



More gradual weight loss



OR



Discover 3,2,1 flexibility with the OPTIFAST<sup>®</sup> VLCD<sup>™</sup> weight loss program



## How does the OPTIFAST® VLCD™ Program work?

The OPTIFAST® VLCD™ Program is structured into 4 levels: 3 levels for active weight loss, and 1 level for weight maintenance. Where appropriate, we encourage people to start on the Intensive Level as this is where the greatest weight loss occurs. This part of the Program is the 'very low calorie diet' component, and has been shown to be safe and effective for fast weight loss. For more gradual weight loss, you can choose to replace either 2 or 1 meals each day.

Importantly, the program is flexible, so you can move between levels as your goals or lifestyle needs change over time. Once you have achieved your weight loss goals, you can move into the Maintenance Level.

## The OPTIFAST® VLCD™ product range

OPTIFAST® VLCD™ products provide protein, carbohydrates, fatty acids and all the vitamins, minerals and trace elements your body needs.

They are available in a range of products, such as soups, shakes, bars and desserts, in a variety of delicious flavours. You can choose to use any combination of the products.

## Optimising the OPTIFAST® VLCD™ Program

Whilst on the OPTIFAST® VLCD™ Program, it's important to consume 2 litres of calorie free fluid each day (preferably water), plus at least 2 cups of non-starchy vegetables with 1 teaspoon of vegetable oil. Our website and every OPTIFAST® VLCD™ pack has additional information on what foods you are allowed to eat while on the OPTIFAST® VLCD™ Program.

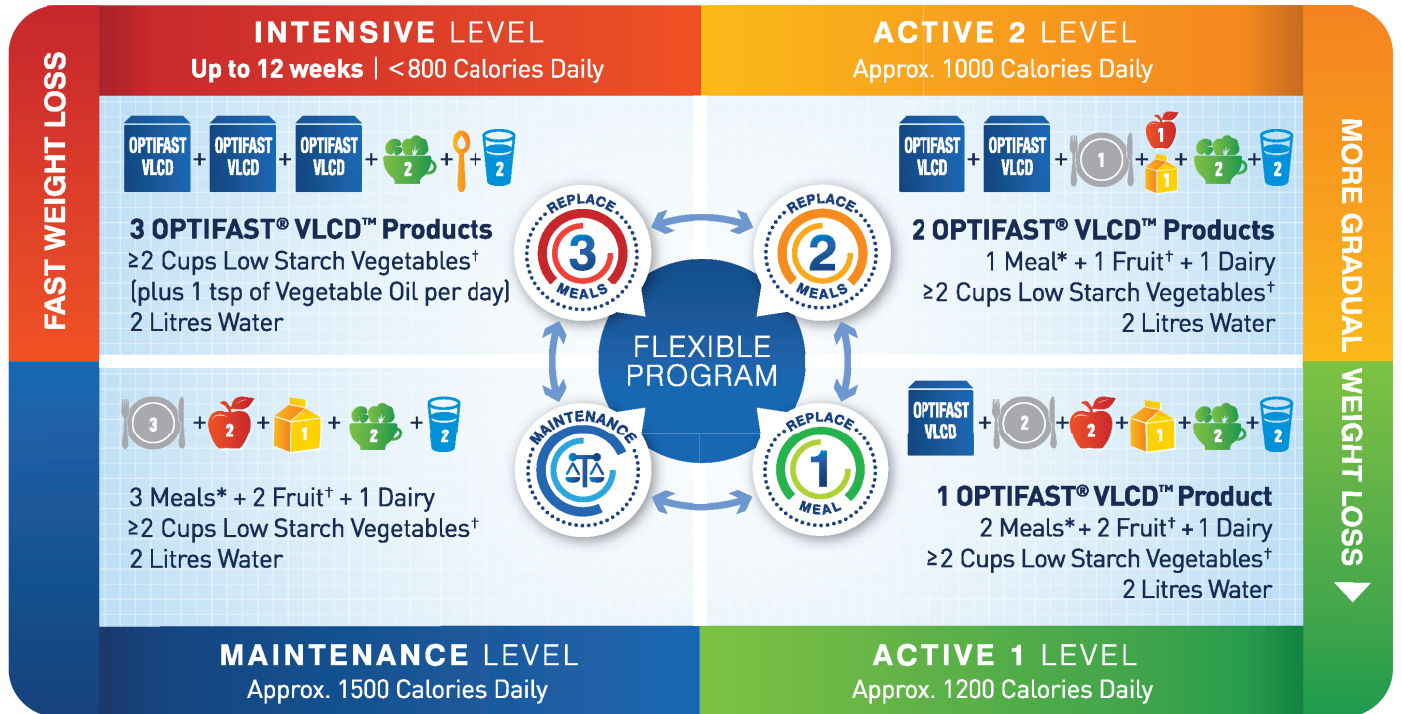
A program of regular light exercise enhances wellbeing and therefore the likelihood of success.

## Free online support

The OPTIFAST® VLCD™ Program offers free online support to help you with your weight loss journey.

We also encourage the support of a healthcare professional as they can assist you with the Program, helping you to work through the tough times and celebrate your achievements.

## Suggested weight loss plan



The OPTIFAST® VLCD™ Program can be modified to suit individual requirements. †See 'allowed low starch vegetables and fruit' in the 'additional foods' table ([www.optifast.com.au](http://www.optifast.com.au)).

\*Each meal should equal approximately 350 calories. OPTIFAST® VLCD™ is a food for special medical purposes for the dietary management of obesity and must be used under medical supervision

### The benefits of the online support include:

- ▶ Nutritionally complete program
- ▶ Meal & exercise plans
- ▶ Dietitian approved recipes
- ▶ Weight, meal and exercise trackers
- ▶ Community forum
- ▶ Links to OPTIFAST® VLCD™ Accredited Healthcare Professionals#

#Consultation fees with an OPTIFAST® VLCD™ Accredited Healthcare Professional are not included in the online membership and are at the cost the member.

## Who can use the OPTIFAST® VLCD™ Program?

The OPTIFAST® VLCD™ Program is suitable for you if your BMI is 30+, or if you have a BMI of 27+ and also suffer from conditions such as type 2 diabetes, high blood pressure, sleep apnoea, high cholesterol or other health risks that are associated with excess weight.

A waist circumference of greater than or equal to 102 cm in men and greater than or equal to 88 cm in women indicates you may be suitable for the OPTIFAST® VLCD™ Program.

## Who should not use the OPTIFAST® VLCD™ Program?

People with acute heart disease, advancing renal disease, advanced hepatic disease or overt psychosis should not use the OPTIFAST® VLCD™ Program. It is also unsuitable for people under 18 or over 65 years of age, as well as pregnant women or those who are breastfeeding. Please speak to your healthcare professional to see if the program is suitable for you.

# Congratulations

You have just taken the first step in reaching your weight loss goal... researching ways to lose weight. The aim of this brochure is to help you decide if the OPTIFAST® VLCD™ (very low calorie diet) Program is right for you.

## Start your journey towards a healthier future!

Weight loss isn't just about looking beautiful on the outside. It also enhances general wellbeing.

Studies have shown that there is a strong link between excess body weight and type 2 diabetes.<sup>1</sup> Being overweight or obese is also a risk factor for cardiovascular disease, high blood pressure and high cholesterol, not to mention the strain extra weight puts on the body's joints.<sup>2</sup>

Losing weight can help you avoid potentially serious health problems and help you get more out of life.

The OPTIFAST® VLCD™ Program has been successfully used worldwide by millions of patients. It is recommended by GPs and other healthcare professionals.

Very low calorie diets have been shown to be highly effective in the dietary management of obesity, with weight losses averaging approximately 2 kg per week in the first 4–6 weeks.<sup>3</sup>

## Helps you achieve your weight loss goals

Weight loss with the OPTIFAST® VLCD™ Program is achieved by restricting carbohydrates and decreasing total energy intake to less than 800 calories a day. This enables your body to draw its energy from its own fat stores.

The program can help to establish the healthy lifestyle and eating patterns you need so that once you achieve your ideal weight, you can maintain it.

## How do you start?

Speak to your healthcare professional to find out how you can benefit from the OPTIFAST® VLCD™ Program.

Available at selected pharmacies throughout Australia and New Zealand or online at the OPTIFAST® VLCD™ website.



Free online support  
Join now at [optifast.com.au](https://optifast.com.au)

Full terms and conditions available at [optifast.com.au](https://optifast.com.au)

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**References:** 1. Maggio CA & Pi-Sunyer FX. *Endocrinology and Metabolism Clinics of North America* 2001;32(4):805–22. 2. NHMRC, 2013. Clinical Practice Guidelines for the Management of Overweight and Obesity in Adults, Adolescents and Children in Australia. 3. Mustajoki P. & Pekkarinen T. *Obesity Reviews* 2001;2:61–72.

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