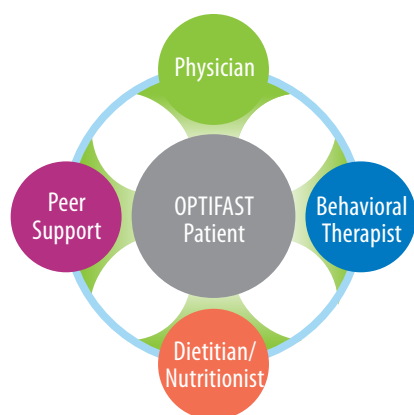


The OPTIFAST program

The OPTIFAST Program is a patient-centric, medically supervised weight management program that closely monitors and assesses progress towards better health and emotional well-being. The program, which usually lasts 26 weeks, utilizes a full meal replacement plan that transitions to self-prepared “everyday” meals in conjunction with comprehensive patient education and support.

The OPTIFAST Program is designed for the severely obese, those with a body mass index higher than 35.

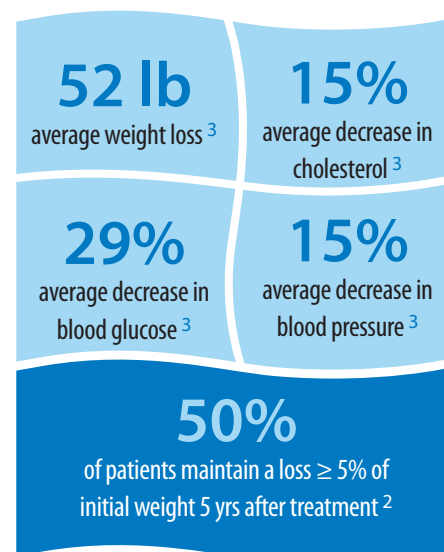


The OPTIFAST difference

The OPTIFAST Program succeeds because it treats the whole patient, focusing on more than just weight. A comprehensive medical weight loss program, OPTIFAST surrounds the patient with a team of healthcare professionals, including physicians, registered dietitians and lifestyle counselors to help patients achieve long-term weight loss. The goal is to provide patients with expert resources to address, modify and support lifestyle, behavior and diet decisions.

The OPTIFAST experience

- More than one million people have participated in the OPTIFAST Program.
- More than 80 peer-reviewed studies and a clinical database of over 80,000 patients illustrate the efficacy of the OPTIFAST Program.¹
- A clinical study of 621 patients demonstrated that 98 percent of patients lost 10 percent or more of body weight within 26 weeks.²
- Additionally, 50 percent of patients assessed five years after completing the OPTIFAST Program kept enough weight off to improve their health long term.²



** Cholesterol, blood glucose and blood pressure results based on individual patient values from baseline.*

¹ Nestlé HealthCare Nutrition National Database, 1997, data on file Nestlé HealthCare Nutrition

² Wadden TA, Frey DL. A multicenter evaluation of a proprietary weight loss program for the treatment of marked obesity: A five year follow-up. *Int J Eat Disord.* 1997; 22:203-212.

³ Drawert S, Bedford K, Largent D. Change in glucose, blood pressure, and cholesterol with weight loss in medically obese patients [Chart]. *Obes. Res.* 1996; 4(SI):67S

For More Information About **OPTIFAST**

Call: **800.662.2540**

Visit: **www.OPTIFAST.com**

Medically Monitored Weight Management



A Safe Non-Surgical Alternative

Medically monitored weight management programs are a safe alternative to surgery that allows patients, ***under the supervision of a physician***, to consume a low calorie diet (LCD).

This type of diet is normally only used for rapid weight loss for severely obese patients with a body mass index greater than 35, and is only recommended as part of a comprehensive treatment program.

A Unique Model — A Tailored Team Approach

The three major components of weight loss therapy are dietary therapy, increased physical activity and behavior therapy.¹

More and more, clinical studies suggest medically monitored weight management programs are safe, effective and help individuals to address and modify behaviors to encourage long-term weight management.

- ⊕ Medically monitored weight loss is a safe treatment option for severely obese individuals who have co-morbidities.²
- ⊕ Patients who continue to use weight maintenance programs have a greater chance of keeping weight off than those patients who do not continue using weight maintenance programs.¹
- ⊕ The use of behavioral interventions to improve health-related quality of life has been shown to produce beneficial effects, which may persist over time.³

Medically Monitored Weight Loss and the OPTIFAST Solution

The medically monitored OPTIFAST weight management program has been proven in more than 80 clinical studies to help overweight and obese people lose weight. The typical OPTIFAST patient loses 52 pounds in 22 weeks, and experiences a healthy decrease in blood sugar, blood pressure and cholesterol levels. Additionally, 50 percent of patients assessed five years after completing the OPTIFAST program kept enough weight off to improve their health long term.⁴

¹ National Heart Lung and Blood Institute. Guidelines on overweight and obesity: The Evidence Report: 1998. NIH Publication 98-4083.

² Grief, S., and Miranda, R. Weight loss maintenance. American Family Physician 82.6 (2010): 630-4.

³ Kaukua, J., T. Pekkarinen, T. Sane, and P. Mustajoki. Health-related Quality of Life in Obese Outpatients Losing Weight with Very-low-energy Diet and Behaviour Modification—a 2-y Follow-up Study. International Journal of Obesity 27.10 (2003): 1072-80.

⁴ Wadden TA, Frey DL. A multicenter evaluation of a proprietary weight loss program for the treatment of marked obesity: A five year follow-up. Int J Eat Disord. 1997; 22:203-212.

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OPTIFAST® Patient Testimonials

Real People, Real Results

More than one million people have participated in the OPTIFAST® Program. Meet a few OPTIFAST alumni who were recently recognized for their successful weight loss efforts.

Sandra Dyarman **New Haven, Indiana**

Diagnosed with lupus 15 years ago, health became a priority to Sandra after encountering a life-threatening complication of an old gallbladder surgery.

"My wake-up call was hearing the surgeon tell me that my ruptured hernia was caused by my weight and that it could happen again if I didn't do something. Thankfully my nephrologist referred me to the OPTIFAST clinic and I made the phone call that changed my life."

** The typical OPTIFAST patient loses 52 pounds in 22 weeks. For many dieters, weight loss is only temporary.*



Sandra at 127lb weight loss*

Alfred Perez **Chicago, Illinois**

As a professor and PhD candidate at the University of Chicago, Alfred usually feels confident and in control at the helm of the classroom. But during the fall of 2009, just before he was to give a lecture, he realized that his dress shirt was too small to button across his frame. Standing in front of his students, sweating with embarrassment, Alfred made the decision then and there that he had to make a significant lifestyle change and lose weight.

"I embarked on a succession of fad diets for nearly 10 years; with each diet, I engaged in a ferocious yet familiar cycle of temporarily losing and regaining weight. The OPTIFAST Program not only dispelled imprudent myths that allowed me to deflect my personal responsibility, but also allowed me to tap an inner strength and confidence that I didn't know existed in me."

** The typical OPTIFAST patient loses 52 pounds in 22 weeks. For many dieters, weight loss is only temporary.*



Alfred at 91lb weight loss*

Patricia Jaynes **Greer, South Carolina**

For years Pat suffered from Type 2 diabetes. Short of breath from simply walking across a room, Pat knew she needed to make a serious lifestyle change.

"When my doctor ordered oxygen for me 24/7, I knew that I had to do something to save my life. Several of my doctors suggested weight loss surgery, but one suggested the OPTIFAST Program. I chose OPTIFAST and I am so happy that I did!"

** The typical OPTIFAST patient loses 52 pounds in 22 weeks. For many dieters, weight loss is only temporary.*



Patricia at 80lb weight loss*

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