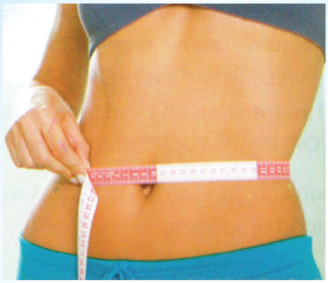
NestléHealthScience

OPTIFAST

VERY LOW CALORIE DIET

A healthy weight starts here



▸ Milkshakes

How does the OPTIFAST® VLCD™ programme work?

The programme is structured into four simple phases. Depending on which phase you are in, you replace three, two, one or zero meals a day with an OPTIFAST® VLCD™ sachet. Your non-OPTIFAST ® meals should be approximately 400 calories.

The OPTIFAST® VLCD™ sachets

OPTIFAST® VLCD™ sachets provide high-quality protein with all the vitamins, minerals and trace elements your body needs.

Optimising the OPTIFAST® VLCD™ programme

Whilst on the OPTIFAST® VLCD™ programme, 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™ programme.

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

Online support

The OPTIFAST® VLCD™ programme provides an online lifestyle programme to give you the support and information you need to lose weight and keep it off. Becoming a member gives you access to:

- Personalised meal and exercise plans
- Fact sheets with weight loss tips
- Newsletters, promotions and giveaways
- Forums for sharing success stories
- Personal weight loss progress tracker

Suggested weight loss plan

The OPTIFAST® VLCD™ programme can be modified to suit individual requirements.

† See 'allowed low starch vegetables and fruits' in the 'additional foods' table (www.optifast.lk).

Who can use the OPTIFAST® VLCD™ programme?

The OPTIFAST® VLCD™ programme 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™programme.

To join, visit www.optifast.lk
– Membership is free!

Who should not use the OPTIFAST® VLCD™ programme?

People with acute heart disease, advancing renal disease, advanced hepatic disease or overt psychosis should not use the OPTIFAST ® VLCD™ programme. It is also unsuitable for people under 18 or over 65 years of age, as well as pregnant women or those who are breastfeeding. If you're unsure about your suitability for the programme, speak to your health professional.

How do you start?

Available at selected pharmacies & super markets throughout Sri Lanka or online at the www.optifast.lk website.
Speak to your health professional to find out how you can benefit from the OPTIFAST® VLCD™ programme.

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) programme is right for you.

Feel beautiful inside and out

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. 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.

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

Proven results

The OPTIFAST ® VLCD ™ programme has been proven in numerous clinical studies and successfully used worldwide by millions of patients. It is recommended by GPs and other health professionals.

Very low calorie diets have been shown to be highly effective in the management of obesity, with weight losses averaging approximately 2 kg per week in the first 4–6 weeks, providing greater initial weight loss than other forms of calorie restriction. [1]

Helps you achieve your weight loss goals

Weight loss with the OPTIFAST ® VLCD ™ programme 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 programme can help to establish the healthy lifestyle and eating patterns you need so that once you achieve your ideal weight, you can maintain it.

OPTIFAST® VLCD™

This programme complies with the Weight Management Code of Practice.

The Weight Management Code of Practice was launched in 1994 and is administered by the Weight Management Council of Australia. The code aims to provide a comprehensive guide for the protection of consumers' rights and the conduct of weight management businesses. Consumers who deal with members of the Weight Management Council Australia can be assured that they are protected by this code.

For more information
Please contact:

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OPTIFAST® VLCD™ is for the dietary management of obesity.
Food for special medical purposes must be used under medical supervision.

NHSc/OPTI/NOV12/SL

Reference: 1. National Health and Medical Research Council. Clinical practice guidelines for the management of overweight and obesity in adults, 2003.

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