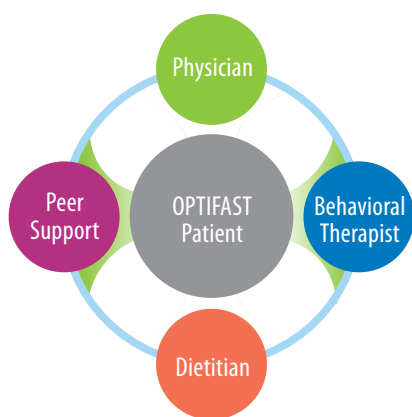


OPTIFAST[®] 101

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, to help patients achieve long-term weight loss.

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

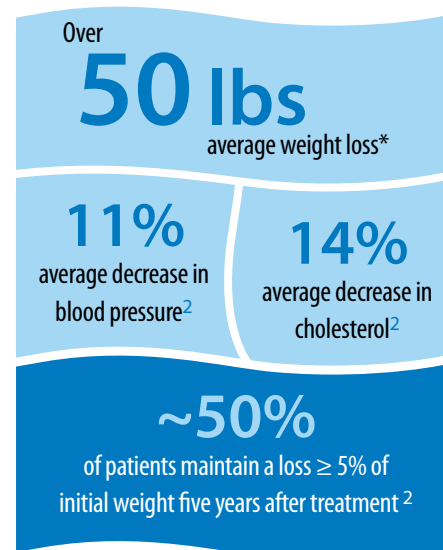


The OPTIFAST difference

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 80 peer-reviewed studies and a clinical database of over 80,000 patients illustrate the efficacy of the OPTIFAST Program.¹
- Two years after completing the program:²
 - 40% of patients maintained more than half their weight loss
 - 78% of men and 60% of women maintained medically significant weight loss
- Additionally, five years after completing the program, approximately 50% of patients maintained medically significant weight loss.²



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

² Wadden TA et al. 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.

* The typical OPTIFAST patient loses over 50 pounds in 18-24 weeks. For many dieters weight loss is only temporary.

For More Information About **OPTIFAST**[®]

Call: **800.662.2540**

Visit: **www.OPTIFAST.com**

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