

# Weight loss, improved health, renewed energy and self-esteem

OPTIFAST can make the difference

If your weight has become a serious problem, OPTIFAST offers a serious solution. The Program works because it offers a different path – one that's clinically proven to get results<sup>1</sup>:

52 lb.  
average  
weight loss

15%  
average  
decrease in  
cholesterol

29%  
average  
decrease in  
blood glucose

10%  
average  
decrease in  
blood pressure

Achieve lasting change

A study of over 600 people shows that five years after completing the Program, the majority of participants keep enough weight off to improve their health long term.<sup>2</sup>

<sup>1</sup> Based on a study of more than 20,000 people who completed the OPTIFAST Program. Individual results may vary. <sup>2</sup> For many dieters, weight loss is only temporary.

## realize the goal

The OPTIFAST Program is available in more than 400 clinics and hospitals nationwide. Over a million people have benefited from OPTIFAST since 1974, and over 80 studies published in recognized medical journals have documented its effectiveness.

Find out if OPTIFAST is right for you  
Visit [www.OPTIFAST.com](http://www.OPTIFAST.com) to find an OPTIFAST clinic near you.

## OPTIFAST®

*The serious solution for weight loss™*

### Clinical Nutrition Center

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Denver, CO 80231

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## OPTIFAST®

*The serious solution for weight loss™*

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# OPTIFAST®

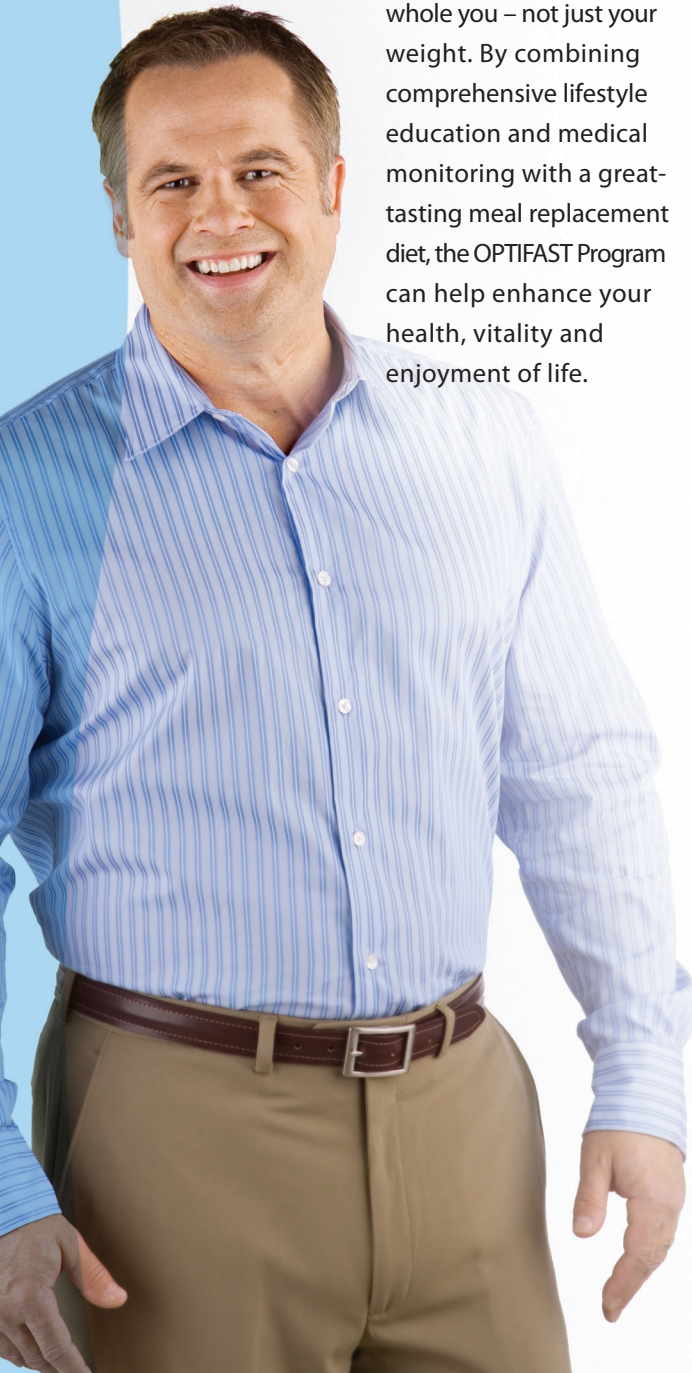
*The serious solution for weight loss™*

## imagine the difference



## what makes the OPTIFAST® Program unique?

OPTIFAST treats the whole you – not just your weight. By combining comprehensive lifestyle education and medical monitoring with a great-tasting meal replacement diet, the OPTIFAST Program can help enhance your health, vitality and enjoyment of life.



## how the OPTIFAST® Program succeeds

### Great-tasting meal replacement diet

Stimuli narrowing helps you work towards weight loss and management by controlling the amount and types of food you eat.

### Medical supervision

Utilizes the expertise of physicians to help you lose weight safely.

### Comprehensive lifestyle education

To help you achieve and sustain better health through nutrition, exercise and lifestyle changes.

### Counseling

Individual and group counseling by experts who understand your challenges.

### Ongoing personalized support

Included both during and after weight loss to help you achieve and maintain success.

### Accountability

To provide structure and cultivate discipline.

## a pathway to health

Before you enter the OPTIFAST® Program, you'll receive an initial evaluation to determine if it's right for you. Once you begin, you'll progress through three Program phases:

- 1 Active Weight Loss**  
You'll consume the OPTIFAST meal replacement products instead of your typical foods so you don't have to worry about counting calories. You will also begin important lifestyle changes.
- 2 Transition**  
You'll gradually learn how to add self-prepared foods back into your diet while continuing with lifestyle change education.
- 3 Long-Term Management**  
You can participate in ongoing classes and support sessions to help manage your weight in the future.