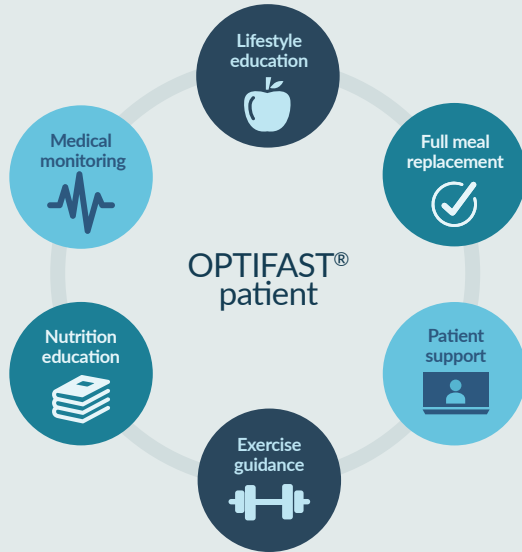


Getting to know the OPTIFAST® program

The **OPTIFAST®** program is designed to help patients improve their health by losing weight under medical supervision.^{1,2} It is recommended for patients with a body mass index ≥ 30 kg/m² who also have one or more weight-related medical conditions.



The OPTIFAST® program *difference*

Our clinically proven and comprehensive weight management program contains multiple components, including medical, nutritional, and lifestyle support, to help you lose weight. The goal is to give patients the resources and support they need to succeed.

The OPTIFAST® program *experience*

Through weight loss, the clinically proven **OPTIFAST®** program can help improve the state of certain medical conditions related to patients' excess weight.

AT 26 WEEKS, PATIENTS EXPERIENCED:



AVERAGE WEIGHT LOSS
APPROXIMATELY
50 lb²



HIGH BLOOD PRESSURE
10% TO 15%
AVERAGE DECREASE IN
BLOOD PRESSURE²



HIGH CHOLESTEROL
15% AVERAGE
DECREASE IN
TOTAL CHOLESTEROL²



DIABETES
LOWER BLOOD
GLUCOSE LEVELS
VS. BASELINE^{1,3}

The journey to a new you starts today!

1. Ard JD, Schroeder MC, Kivilaid K, et al. Practical application of a comprehensive weight management program in patients with and without metabolic syndrome. *J Obes Weight Loss Ther.* 2014;S4:007. **2.** Wadden TA, Foster GD, Letizia KA, et al. A multicenter evaluation of a proprietary weight reduction program for the treatment of marked obesity. *Arch Intern Med.* 1992;152(5):961-966. **3.** Drawert S, Bedford K, Largent D. Change in glucose, blood pressure, and cholesterol with weight loss in medically obese patients. *Obesity Res.* 1996;4(S1):67S.