



MEDIFAST® - The Physicians Answer to Weight Loss

Medifast nutritional products are formulated with only the highest quality ingredients.

Congratulations. Your patient has taken the first step in taking charge of their weight and health. Medifast has always recommended physician monitoring to its customers, primarily to minimize potential health risks of a very low calorie weight loss program and to monitor the reduction of medications at the inception of the program for patients with Diabetes.

Why Have So Many People Been Successful with Medifast?

The Medifast plan uses nutritionally balanced meal replacement foods to help people lose weight faster and more easily than ever before. Medifast products are formulated with the right balance of protein, carbohydrates, vitamins and minerals. Our customers appreciate the "no-counting" approach to the Medifast plan, which provides structure and simplicity, while meeting all of the body's nutritional needs.

Why the Medifast Plan Works!

Medifast is designed to safely create a gap between the calories a person takes in and the amount the body burns. Medifast fortified meal replacement foods help people lose weight, without sacrificing nutritional needs. In fact, Medifast foods provide the nutrients needed to lose weight and improve health. Each nutritionally balanced Medifast meal is formulated with a proven balance of carbohydrates and protein.

The key to the Medifast plan is the nutrient dense, low-calorie meal replacement foods that promote the release of free fatty acids, which are converted by the liver into an energy source called ketones. This mild fat burning state of "ketosis" helps the body achieve rapid weight loss while preserving muscle tissue. Ketosis also helps eliminate physical hunger while providing sufficient levels of energy.

Clinically Proven Results.

Medifast has been clinically proven in studies conducted by Johns Hopkins University and the National Institutes of Health. Medifast programs have been recommended by 15,000 physicians and used by over 1 million customers for over 20 years.

The Medifast 5&1 Weight Loss Program

**5 Medifast Meals +
1 "Lean & Green" meal daily.**

For Example:

5 Medifast meal replacements (minimum of three shakes and no more than 1 bar.)

+

1 Lean and Green meal* of lean meat along with a green salad or cooked vegetables.

Note: The 5 & 1 Program will provide 800 - 1000 calories per day. Meals should be spaced about 3 hours apart to provide proper nutrition and energy throughout the day. Meats and vegetables should be measured or weighed with a food scale or measuring cup before consumed.

*Lean and Green Meal

Lean meat = 6-8 ounces of low-fat meat choices such as: chicken, turkey, fish. or 5-6 ounces of lean beef, pork or lamb. Grill, bake or poach using non-stick spray. Salt, pepper, herbs and spices may be added if desired. 1-2 tsps of condiments such as ketchup, mustard or barbecue sauce may be used.

Salad or Vegetables = Either 2 cups salad greens (any kind) and up to ½ cup raw vegetables, or up to 1 ½ cups cooked vegetables. You may use 1-2 tbsp. Medifast Salad Dressing if desired.

Recommendations:

Drink a minimum of 64 oz of non-caloric fluids daily. Water is recommended.

Medifast recommends that patients incorporate a low to moderate exercise routine into the plan. Starting with low intensity aerobic exercise (walking, swimming, cycling, etc.) for about 10 minutes a day, three days a week. If this is comfortable, patients may gradually increase time and intensity.

Patients may exercise

It takes three to four weeks for the body to adapt to the Medifast plan and use the fat stores for energy. If an exercise routine is new to a patient, we recommend starting with low intensity aerobic exercises (walking, swimming, cycling etc.) for about 10 minutes, 3 days a week. If this is comfortable, time and intensity can gradually be increased. Low intensity strength training can also be done.

Those who are already on an exercise routine may continue as long as energy allows. During the first couple of weeks of beginning the Medifast program, patients may have to naturally decrease their previous exercise intensity. It won't be long until they have a comfortable feeling of what their body's energy level is. We recommend slowing down or stopping exercise if adverse symptoms occur such as increased fatigue, dizziness or feelings of light headedness.

Patients with Diabetes

Oral diabetes agents - it is advised to check blood sugar at least 2-3 times daily, especially at the beginning of the Medifast program. If blood sugar levels fall below the range specified, there may be a need to reduce or possibly discontinue the oral medication.

Insulin - Prior to beginning the program, Medifast recommends to all it's customers to consult with a physician about current insulin dosages. Blood sugar testing should be performed several times a day. As blood sugar level drops, continual physician consulting is necessary to determine insulin requirements.

Concerns for females

Because estrogen is stored in the fat cells, rapid weight loss may cause an increase in the level of estrogen in the bloodstream. Increased estrogen levels can affect the regularity of menstrual cycles, and possibly increase PMS symptoms. Rapid weight loss along with higher estrogen levels can also increase fertility. If patient becomes pregnant, discontinue the Medifast plan.

Contraindications

Significant medical conditions and/or certain medications may prohibit patients from using the Medifast weight loss program. In some cases, patients may be able to use Medifast products as an occasional meal replacement. It's recommended that physicians screen patients for the following conditions:

Heart attack within the past 3 months, recent or recurrent strokes or mini-strokes, severe liver or kidney disease, clotting disorders, active cancers, eating disorders, severe psychiatric disturbances, current use of steroids over 20 mg/day, current use of lithium or Type I Diabetes.

Medifast and patients over 65 years of age

If your patient is over the age of 65 years of age this program must be done with close supervision. Some Physicians have recommended a higher caloric intake based on individual needs.

Potential side-effects

Most people feel great and don't experience much physical discomfort on the Medifast program. However, some people have had the following:

- Constipation
- Dizziness, light-headedness, fatigue
- Feeling cold
- Dry skin or hair

Medifast and Lactose Intolerance

Medifast offers a variety of Lactose-free products.

Medications, while on the Medifast program

Most prescription medications will not interfere with the Medifast program. However, as patients lose weight, medication dosages may need to be adjusted.

Medications for depression, thyroid or hormone deficiency, etc. may be continued while on Medifast.

Arthritis medications, such as Indocin® or Naprocin® should be avoided due to potential stomach irritation.

If steroids over 20 mg per day such as Cortisone® or Prednisone® are being used, we do not recommend using Medifast.

Blood pressure medications usually need to be adjusted as patients progress on the program.

For more information on Medifast and our products, please call **1-800-638-7867** or visit our website at **www.medifastdiet.com**

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