Comprehensive, behaviour-based, weight management programs have shown positive results in the first year.

- **12.4-20% average weight loss**1,3,5
- **12-15% average decrease in total cholesterol**1
- **7-10% average reduction in both systolic and diastolic blood pressure**1,3
- **12-16% average decrease in waist circumference**3,5
- **Weight loss is maintained over time**2,3
- **A discontinuation of diabetes medications**4

In addition, OPTIFAST® 900 as a weight management solution, may be suitable for individuals prior to weight loss surgery.

**References**