

# OPTIFAST® in Canada

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

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

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

Vanilla Flavoured	Units	340 ml** (54 g packet)
Energy	Cal (kJ)	225 (940)
Protein	g	22.5
Fat	g	7.5
Linoleic Acid	g	1
Linolenic Acid	g	0.25
Saturates	g	0.8
Carbohydrate	g	18.8
Fibre	g	4
Sugar	g	0.6
Sucralose	mg	31
Sodium	mg	450
Potassium	mg	565
Chloride	mg	415
Manganese	mg	1.1
Copper	mg	0.55
Selenium	mg	0.014
Molybdenum	mg	0.022
Chromium	mg	0.011
Biotin	mg	0.025
Choline	mg	25
Calcium	%	25
Phosphorus	%	25
Magnesium	%	42
Iron	%	25
Zinc	%	39
Iodide	%	31
Vitamin A	%	37
Vitamin D	%	25
Vitamin E	%	25
Vitamin C	%	33
Thiamine	%	26
Riboflavin	%	29
Niacin	%	42
Pantothenic Acid	%	26
Vitamin B6	%	28
Folacin	%	33
Vitamin B12	%	25

\*\* Each 54 g packet mixed with 300 ml of water yields 340 ml of prepared formula.

## References

1. Drawert S, Bedford K, Largent D. Change in glucose, blood pressure, and cholesterol with weight loss in medically obese patients. *Obes Res.* 1996; 4(SI):675. 2. Wadden TA, Frey DL. 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. 3. Bischoff et al. Multicentre evaluation of an interdisciplinary 52-week weight loss program for obesity with regard to body weight, comorbidities and quality of life—a prospective study. *Inter J Obes.* 2011. June 1-11. 4. Shiao JY, So DYF, Dent RR. Effects on diabetes medications, weight and glycated hemoglobin among adult patients with obesity and type 2 diabetes: 6-month observations from a full meal replacement, low-calorie diet weight management program. *Can J Diabetes* 42 (2018) 56–60. 5. Ard JD, Lewis KH, Rothberg A, et al. Effectiveness of a total meal replacement program (OPTIFAST® program) on weight loss: results from the OPTIWIN study. *Obesity.* 2018

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## CLINICS

If your Weight Management Clinic is interested in our program or if you are a Surgeon who is interested in prescribing **OPTIFAST® 900** prior to surgery, please contact our Call Centre so that a Sales Representative can get in touch with you.

## INDIVIDUALS

If you are an individual interested in the **OPTIFAST® Program**, please contact one of the clinics on our directory. Their weight loss experts can provide you with the medical guidance appropriate for your needs.

FIND A CLINIC

## Contact Us

1-800-565-1871

Monday-Friday

9 a.m. to 6 p.m.

Saturday

10 a.m. to 6 p.m.

Eastern Standard Time

## Email

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