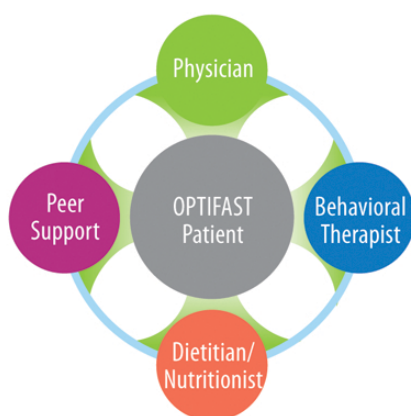




## The OPTIFAST program

The OPTIFAST Program is a patient-centric, medically supervised weight management program that closely monitors and assesses progress towards better health and emotional well-being. The program, which usually lasts 18 weeks, utilizes a full meal replacement plan that transitions to self-prepared “everyday” meals in conjunction with comprehensive patient education and support.

The OPTIFAST Program is designed for the severely obese, those with a body mass index higher than 35.

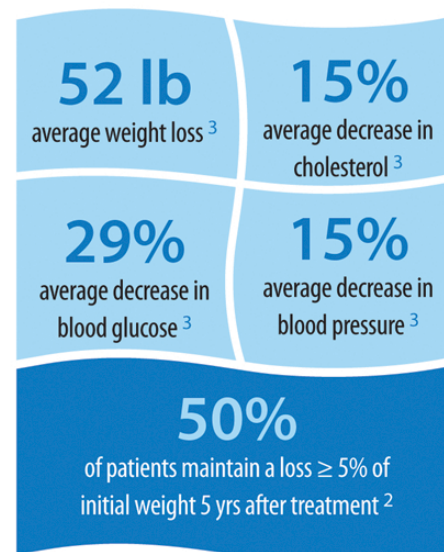


## The OPTIFAST difference

The OPTIFAST Program succeeds because it treats the whole patient, focusing on more than just weight. A comprehensive medical weight loss program, OPTIFAST surrounds the patient with a team of healthcare professionals, including physicians, registered dietitians and lifestyle counselors to help patients achieve long-term weight loss. The goal is to provide patients with expert resources to address, modify and support lifestyle, behavior and diet decisions.

## The OPTIFAST experience

- + More than one million people have participated in the OPTIFAST Program.
- + More than 80 peer-reviewed studies and a clinical database of over 80,000 patients illustrate the efficacy of the OPTIFAST Program.<sup>1</sup>
- + A clinical study of 621 patients demonstrated that 98 percent of patients lost 10 percent or more of body weight within 26 weeks.<sup>2</sup>
- + Additionally, 50 percent of patients assessed five years after completing the OPTIFAST Program kept enough weight off to improve their health long term.<sup>2</sup>



*\*Cholesterol, blood glucose and blood pressure results based on individual patient values from baseline.*

<sup>1</sup> Nestlé HealthCare Nutrition National Database, 1997, data on file Nestlé HealthCare Nutrition

<sup>2</sup> 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.

<sup>3</sup> Drawert S, Bedford K, Largent D. Change in glucose, blood pressure, and cholesterol with weight loss in medically obese patients [Chart]. *Obes. Res.* 1996; 4(SI):675