



Medifast: The brand recommended by over 20,000 doctors since 1980

- Clinically proven results
- Simple for users to follow
- Safe, even for people with diabetes
- Satiating protein- and fiber-rich formula to improve success
- Support for long-term change

## The Medifast 5 & 1 Plan®: One Simple Plan, Every Day

- Small meals every 2-3 hours
- 5 Medifast Meals + 1 Lean & Green™ Meal daily
- 800-1,000 calories
- 80-100 grams carbohydrates
- Low-fat
- Low-glycemic index
- Mild fat-burning state with preservation of muscle mass



# Weight Loss with Medifast

## Medifast Program Phases

**Weight loss:** The 5 & 1 Plan® induces mild dietary ketosis (fat-burning) for safe, fast weight loss.

**Transition:** Over six weeks, users gradually reintroduce all vegetables, fruits, low-fat dairy, and whole-grain foods for a calorie- and carbohydrate-balanced meal plan.

**Maintenance:** Calorie-customized nutritionally balanced meal plans for successful long-term weight management.

## Modified Plans

Medifast offers healthy weight-loss programs for special populations, including:

- People with diabetes (type 1 or 2)
- Adults age 65+
- Teens (age 13-18)
- Nursing moms
- People with gout
- People taking Coumadin® (warfarin)

## Exercise

Medifast suggests that those users with an exercise program already in place decrease the intensity of their activity for the first two or three weeks on the Medifast 5 & 1 Plan®. Once they have adjusted to the fat-burning state, they can gradually increase their exertion and duration levels to up to 45 minutes per day.

## People with Diabetes

Medifast recommends that anyone with diabetes consult with his or her health care provider before starting the Medifast Program. Those taking insulin, sulfonylurea, thiazolidinediones, and other medications should check their blood glucose (sugar) at least two or three times daily, especially in the beginning of the program. Monitoring may reveal improving blood glucose levels as weight loss progresses, calling for an adjustment of medications.

*(See the Medifast for Diabetes Guide)*

## Medifast and Women

Weight loss may release serum estrogen into the bloodstream, affecting menstrual cycles and possibly increasing PMS symptoms. Women who become pregnant should immediately discontinue the Medifast Weight-Loss Plan. Lactating mothers can use a specialized program.

*(See the Medifast for Nursing Mothers Guide)*

## Medical Conditions

We recommend you discuss your medical conditions and weight-loss plans with your health care provider before starting the Medifast Program.

Do not use the Medifast Program if you are pregnant. If you have a serious acute or chronic illness (i.e., heart attack, cancer, liver disease, kidney disease, anorexia, bulimia, etc.), do not use Medifast until your health care provider says you have recovered or that your condition is stabilized.

*(See the Medical Conditions FAQs online)*

## Older Adults Using Medifast

People age 65 and older can use the 5 & 1 Plan<sup>®</sup> with 30 minutes of physical activity every day. A higher caloric intake may be recommended based on individual needs, such as our Medifast Plan for Seniors (1,100-1,600 calories per day).

*(See the Medifast for Seniors Guide)*

## Adjusting to Medifast

Most people feel great losing weight with Medifast. While getting used to the program, others may experience dizziness, lightheadedness, or fatigue (especially in the first week), constipation, diarrhea, feeling cold, or dry skin or hair. These discomforts are usually temporary and easily managed.

## Medifast and Prescription Medications

Medifast can be used safely with most medications, but dosages may need to be adjusted during and after weight loss.

