

# OPTIFAST<sup>®</sup> VERY LOW CALORIE DIET

## Protein Plus

# High in Protein

## Protein reduces feelings of hunger



## With OPTIFAST VLCD Protein Plus

The OPTIFAST VLCD Program promotes safe and effective weight loss by restricting total calorie intake. OPTIFAST VLCD is a low carbohydrate diet, which induces a state of mild ketosis whereby the body's fat stores can be broken down and used as a source of energy.<sup>1</sup> There is a loss of lean muscle mass when losing weight<sup>2</sup>, and therefore it is important to consume adequate protein to minimise excessive muscle loss.<sup>3</sup> OPTIFAST VLCD products are high in protein, which can also help to reduce appetite, making it easier to follow the program.

## What is protein?

Protein is an important macronutrient required for optimal health, including tissue repair and maintenance of lean muscle mass. Eggs, chicken, meat, fish and lentils are all good sources of protein<sup>4</sup>, however when following the OPTIFAST VLCD Program, these foods are restricted. Choosing suitable OPTIFAST VLCD products can help you achieve an adequate protein intake.

## What are the benefits of protein in weight loss?

Dietary protein is essential for good health, and is a very important part of a weight loss diet program. While there are many benefits to dietary protein, two factors can have beneficial effects on weight loss:

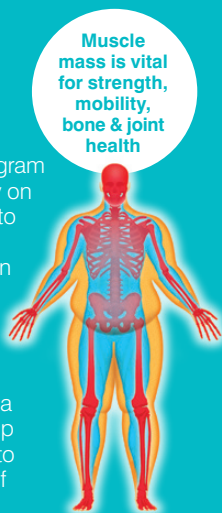
- Increasing satiety (feeling full)
- Preserving lean muscle mass<sup>3</sup>

## Protein helps you reduce feelings of hunger

Hunger can make sticking to a weight loss program challenging. If you find yourself feeling hungry on the OPTIFAST VLCD Program, you may want to incorporate an OPTIFAST VLCD Protein Plus Shake to increase your protein intake as protein helps reduce feelings of hunger.

## Protein helps to preserve lean muscle mass

Optimising dietary protein is essential during a weight loss diet program. Not only does it help to reduce feelings of hunger, but it also helps to preserve lean muscle mass during periods of calorie restriction.<sup>3</sup>



## How much protein do I need?

Each person will have different protein requirements, depending upon age, gender and weight.<sup>4</sup> An Accredited Practising Dietitian can help you work out your individual protein requirements. However, as a rough guide if your BMI is  $\geq 35$  it may be difficult to meet your protein requirements with three standard OPTIFAST VLCD products per day. To ensure the OPTIFAST VLCD Program meets the protein requirements of those with BMI  $\geq 35$ , the OPTIFAST VLCD Protein Plus range is available with 40% more protein per serve than the standard OPTIFAST VLCD Shakes.



Serving suggestion

## Features of OPTIFAST VLCD Protein Plus

- ✓ 28g protein per serve (40% more than standard OPTIFAST VLCD Shakes)
- ✓ Low in lactose ( $\leq 0.63\text{g}$  per serve)
- ✓ Low in sugar
- ✓ Source of fibre
- ✓ Gluten free
- ✓ Low Glycaemic Index GI value 32 (Vanilla & Coffee Flavours) 27 (Chocolate) – may be suitable for people with diabetes
- ✓ **Thickshake style**



## OPTIFAST VLCD Protein Plus and the OPTIFAST VLCD Program

Depending upon your protein requirements, you may be advised to include one, two or three OPTIFAST VLCD Protein Plus products while following the OPTIFAST VLCD Program.

When OPTIFAST VLCD Protein Plus products are required, simply use in place of the standard OPTIFAST VLCD products.



They are not recommended to be taken in addition to your current OPTIFAST VLCD product regimen (unless advised by a healthcare professional).



The OPTIFAST VLCD Program can be modified to suit individual requirements.

\*Meals should equal approximately 350 calories each. †See allowed low starch vegetables and fruit in the 'Allowed Vegetables and Additional Food Allowances' table at [optifast.com.au](http://optifast.com.au)

To help you decide if you would benefit from OPTIFAST VLCD Protein Plus, speak to your healthcare professional or visit our handy Protein Plus calculator tool available at [optifast.com.au](http://optifast.com.au)

## OPTIFAST VLCD product range

You can purchase OPTIFAST VLCD products from selected pharmacies throughout Australia or shop by product through our OPTIFAST VLCD website.



### OPTIFAST VLCD Protein Plus Shakes

#### ✓ High Protein Shakes

Available in Creamy Vanilla Flavour,  
Rich & Thick Chocolate and  
Classic Coffee Flavour: 10 x 63g Sachets.

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### OPTIFAST VLCD Shakes

Available in Vanilla, Strawberry, Caramel,  
Banana and Chai Flavours, Chocolate,  
Coffee and Mocha: 12 x 53g Sachets.

Assorted Shakes Pack: 10 x 53g Sachets.

Vanilla Flavour and Chocolate: 18 x 53g Sachets.

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### OPTIFAST VLCD Soups

Available in Chicken Flavour, Vegetable  
and Tomato Country Style: 8 x 53g Sachets.

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### OPTIFAST VLCD Desserts

Available in Lemon Crème Flavour  
and Chocolate: 8 x 53g Sachets.

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### OPTIFAST VLCD Bars

Available in Chocolate: 6 x 70g Bars.

Berry Crunch and Cappuccino Flavours  
and Cereal with Cranberry: 6 x 65g Bars.

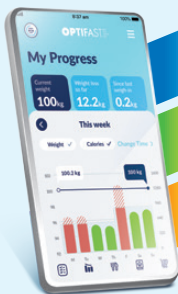
Assorted Bars Pack: 2 x 70g, 4 x 65g Bars.

## How do you start?

Speak to your healthcare professional to find out how you can benefit from the OPTIFAST VLCD Program.

Available at selected pharmacies throughout Australia or online at the OPTIFAST VLCD website.

### Start your journey to a healthier future with the OPTIFAST VLCD My Program App today.



Flexible meal plans



Track your goals



Support & motivation



**FREE to  
download now!**

**References:** 1. NHMRC., *Clinical Practice Guidelines for the Management of Overweight and Obesity in Adults, Adolescents and Children in Australia*. National Health and Medical Research Council, 2013. 2. Chaston, T. B., et al., *Changes in fat-free mass during significant weight loss: a systematic review*. International Journal of Obesity. 2007. 31, 743–750. 3. Gibson, A. A., et al., *Comparison of Very Low Energy Diet Products Available in Australia and How to Tailor Them to Optimise Protein Content for Younger and Older Adult Men and Women*. Healthcare. 2016. 4, 71. 4. Better Health Channel <https://www.betterhealth.vic.gov.au/health/healthyliving/protein> (accessed 5/9/19).

OPTIFAST VLCD is for the dietary management of obesity and must be used under the supervision of a healthcare professional.

The GI is a ranking of carbohydrates according to their effect on blood glucose levels. ® of GI Symbol Reg. Trademark of Glycemic Index Foundation.

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