

- ✓ Australian Made and Owned
- ✓ Clinically Proven Method
- ✓ Get Fast and Effective Results
- ✓ Huge Variety of Flavours
- ✓ 25 Vitamins and Minerals
- ✓ Convenient
- ✓ Affordable
- ✓ Great Tasting
- ✓ Nutritious

Check with your Healthcare Professional to determine which phase of the Optislim<sup>®</sup> Weight Loss Program is most suited to your individual weight loss needs.

## Contact

For nutritional information on each product or for your nearest stockist please visit our website or contact Optislim<sup>®</sup> Customer Care.

**Free call** 1800 882 408

**Email** [customerservice@optislim.com.au](mailto:customerservice@optislim.com.au)

**www.optislim.com.au**

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## Physical Activity

Mild exercise should be incorporated into your weight loss program to assist with preserving lean muscle mass and to further assist with your weight loss. Start slowly and as you start to lose weight and become more confident you can increase your exercise. Aim for a goal of 20-30 minutes per day, 3-4 times per week. It is essential to check with your Healthcare Professional before commencing any exercise plan.

## Contraindications

People who have acute cerebrovascular or cardiovascular disease (including unstable angina) kidney disease, liver disease, type 1 diabetes or severe psychological disturbances should not follow a VLCD.

## Precautions & Monitoring

Before you start a VLCD program, you should be assessed by a Doctor for any evidence of pre-existing kidney disease, liver disease, diabetes, cardiovascular disease, gall bladder disease or gout. It is also essential that you inform your supervising Healthcare Professional of any medical conditions that you have as well as any medications or supplements that you may be taking.

Under these circumstances, VLCD programs should only be used under the direct supervision of a Healthcare Professional such as a Doctor, Pharmacist or Dietician. If you have any of the above conditions, please see your Doctor before starting the Optislim VLCD program.

Whilst you are following a VLCD, your Doctor may need to monitor your existing medical conditions more regularly and may adjust the dose of some medications as you lose weight. This is especially important in the early stages of your weight loss.

**If you are being treated for diabetes, high blood pressure, high cholesterol or if you are on lithium therapy, it is especially important that your Doctor monitors your medication carefully whilst on a VLCD. Do not stop taking or alter the dose of your medication without consulting your Doctor.**

## Important

**Do not use during pregnancy or whilst breastfeeding.**

We recommend that you wait until you have finished breastfeeding before commencing the Optislim program unless medically advised due to the restriction of calories and certain foods as you try to lose weight. Pregnant and breastfeeding women require a range of foods and nutrients for the healthy development of their baby and to produce a good quality and quantity of breast milk.

**Not recommended for children under 18.**

Children need a range of foods and nutrients for healthy development. In the case where excess weight is negatively impacting their health, the program should only be commenced with medical approval and under strict supervision of a Healthcare Professional.

**Medical advice required for people over the age of 65.**

It is important to seek advice from a Healthcare Professional to determine if the Optislim program is the appropriate method of weight loss due to various factors that need to be considered related to current medical status and if you are taking any medications. The Optislim program should only be commenced with approval and strict supervision of a Healthcare Professional.

## Adverse Reactions

Rapid weight loss on a VLCD program can lead to a significant increase in uric acid in some individuals, which can result in the development of acute gout. Side effects such as fatigue, bad breath, constipation, nausea and diarrhoea can be experienced and normally subside within a few weeks.

A fibre supplement can be used if constipation becomes a problem.

It is important to further increase your fluid intake if you begin taking a fibre supplement. Increasing your fluid intake can also help with headaches which can be experienced when starting a VLCD diet, see 'Fluid Intake' section of this leaflet.

Bad breath can be refreshed by chewing on a low calorie mint or a sugar free chewing gum.

The most common, serious side effect seen with a VLCD is the formation of gallstones. Although obesity increases the risk of developing gallstones, it is also common for them to develop during periods of rapid weight loss.

Please report any abdominal discomfort to your Doctor for assessment.



# Lose Weight Fast!



Serving  
Suggestion

## Congratulations on starting your weight loss journey

The Optislim VLCD (very low calorie diet) program is a total meal replacement for use when recommended by a Healthcare Professional. All Optislim VLCD products provide you with all of your daily nutritional requirements when you use three per day. All Optislim VLCD products contain 25 vitamins and minerals essential for good health and will provide the Recommended Dietary Intakes (RDI's) of vitamins, minerals and trace elements that replace the nutrients you usually receive from your daily food intake. It also provides you with the adequate protein to minimise loss of lean muscle mass whilst reducing body fat and weight.



## For the dietary management of obesity.

“ For over 20 years I have been prescribing very low calorie diet (VLCD) products to my patients suffering from obesity. Over time, it was clear that one of the biggest barriers for my clients was the actual taste. Apart from the significant cost savings, our patients like the appetising taste of the Optislim VLCD range. I am also happy to support an Australian Made product especially through tough economic times. I have no doubt that the combination of range, taste and of course cost are behind our continued success with obesity. ”

**Dr Peter Lewis**  
Recreational Medical Centre  
Armadale, Victoria

### What is a VLCD?

A VLCD (very low calorie diet) is a formulated, nutritionally complete, liquid or solid meal containing 3350kJ (800 calories) or less per day. VLCD formulas need to contain appropriate levels of vitamins and micronutrients to ensure that all daily nutritional requirements are met.

### How does it work?

VLCD's provide an amount of energy which is significantly less than the amount the body requires each day. This forces the body to start using its own fat stores as the main source of energy resulting in weight loss.

### Optislim VLCD Program

There are three phases of the Optislim program, you should check with your Healthcare Professional to determine which phase is most suited to your individual weight loss needs.

**1 Rapid Weight Loss** Replace 3 meals a day Calorie Total: Less than 800



**Breakfast**  
1 x Optislim VLCD Shake (167 cal)



**Lunch**  
1 x Optislim VLCD Bar (222 cal)



**Dinner**  
1 x Optislim VLCD Soup (221 cal)

+



2 x Cups Vegetables

This phase is designed to produce rapid weight loss for people with a BMI greater than 30. Replace 3 meals a day for 3 weeks and a maximum of 12 weeks under medical supervision. Please consult a Healthcare Professional before beginning this phase.

**2 Steady Weight Loss** Replace 2 meals a day Calorie Total: 1000-1800\*



**Breakfast**  
1 x Optislim VLCD Shake (167 cal)



**Lunch**  
1 x Grilled Salmon + Sweet Potato Mash (479 cal)



**Dinner**  
1 x Optislim VLCD Soup (221 cal) + 2 Slices Wholemeal Toast (210 Cal)

+



2 x Cups Vegetables

+



1-2 Healthy Snacks

This less intensive phase is suited for people who started on the Rapid phase or for people with a BMI of 25-29.9. Introduce one low calorie meal for lunch or dinner and snacks ensuring that total calories do not exceed your allowance. This phase can be continued until you reach your goal weight.

**3 Easy Maintenance** Replace 1 meal a day Calorie Total: Approx. 2080^



**Breakfast**  
1 x Optislim VLCD Shake (167 cal) + 1 Banana (105 Cal) + 28g Almonds (162 Cal)



**Lunch**  
1 x Optislim Healthy Option Spinach & Ricotta Tortellini (333 cal)



**Dinner**  
250g Steak + 250g Steamed Mixed Vegetables + 150g Oven Roasted Potatoes (844 Cal)

+



1-2 Healthy Snacks

This is the final step of the Optislim program. Maintain a healthy diet & weight by replacing one meal a day and incorporating 2 healthy, well balanced meals and snacks.

\*Your calorie allowance will depend on your start weight & gender, please use the reference below to determine your calorie allowance.  
Female: <100kgs=1000, 100-150kgs=1200, >150kgs=1500, Male: <100kgs=1200, 100-150kgs=1500, >150kgs=1800  
^Based on the daily energy intake for the average adult diet of 8700kJ, your energy intake may be higher or lower depending on your age, gender, weight and lifestyle.



### Nutritional Recommendations

All Optislim VLCD products are interchangeable. For Steady Weight Loss and Easy Maintenance, healthy snacks should be introduced daily, ensuring total calories consumed do not exceed your calorie allowance.

### Recommended vegetables

When you first start on a VLCD you may find that you feel quite hungry during the day. This feeling usually subsides after a few days once the body adjusts to a lower calorie intake.

To prevent hunger and to contribute to your daily fibre intake, it is advisable that you consume at least 2 cups of low starch vegetables each day. See suggestions below:

- |                   |               |               |               |
|-------------------|---------------|---------------|---------------|
| ✓ Alfafa          | ✓ Cabbage     | ✓ Eggplant    | ✓ Silver Beet |
| ✓ Asparagus       | ✓ Capsicum    | ✓ Green Beans | ✓ Snow Peas   |
| ✓ Baby Beetroot   | ✓ Carrot      | ✓ Leek        | ✓ Spinach     |
| ✓ Bean Sprouts    | ✓ Cauliflower | ✓ Lettuce     | ✓ Squash      |
| ✓ Broccoli        | ✓ Celery      | ✓ Mushrooms   | ✓ Tomato      |
| ✓ Brussel Sprouts | ✓ Cucumber    | ✓ Onion       | ✓ Zucchini    |

Vegetables should be eaten either raw, steamed or stir-fried in no more than 1 tsp of oil. Flavours such as ginger, garlic, parsley, basil, mint, lemon juice, lime juice, chilli, chives and low salt soy sauce can be used to add flavour. Additional oils and butter are not recommended. Avoid high starch vegetables such as pumpkin, potato, green peas, corn, sweet potato and parsnip as these are higher in calories and may slow your weight loss.

### Recommended Snacks

Snacks should be healthy and well balanced, we recommend that each snack should be under 100 calories and consumed in between meals. See suggestions below:

- |                        |                                |                                  |
|------------------------|--------------------------------|----------------------------------|
| ✓ 15 x rice crackers   | ✓ 3 cups air popped popcorn    | ✓ 95g tin of tuna in springwater |
| ✓ 200g of fruit        | ✓ 10 carrot sticks with hummus | ✓ 1 tub low fat yoghurt          |
| ✓ 1 slice raisin bread | ✓ 14 almonds                   | ✓ Optislim 100 Calorie Snack     |
| ✓ 30g dried fruit      | ✓ 1 boiled egg                 | ✓ Small latte with skim milk     |

### Recommended Fruits

- |                |                  |                |                |
|----------------|------------------|----------------|----------------|
| ✓ Apple        | ✓ Blueberries    | ✓ Nectarine    | ✓ Plums        |
| ✓ Apricots     | ✓ Cherries       | ✓ Passionfruit | ✓ Raspberries  |
| ✓ Banana       | ✓ Honeydew Melon | ✓ Peach        | ✓ Strawberries |
| ✓ Blackberries | ✓ Kiwifruit      | ✓ Pear         | ✓ Watermelon   |

### Fluid Intake

2 litres of water, in addition to the water/skim milk used to prepare the shakes should be consumed daily. Adequate fluid intake is extremely important to ensure that the body remains hydrated and that the waste products from the fat burning process are eliminated from the body. To make water more interesting try infusing it with fruit such as lemon, lime, orange or fresh berries.

### The Optislim VLCD Range

#### VLCD Shakes

Our classic range with 25 vitamins and minerals.



**Directions for use:** Mix one sachet with 250ml of chilled water. Blend or shake to dissolve. Drink immediately.

#### Platinum Shakes

A unique formula designed to be mixed with skim milk for that real milkshake taste. With the added benefits of Glucomannan, Ginseng and Green Coffee extract.



**Directions for use:** Mix one sachet with 200ml of skim milk. Blend or shake to dissolve. Drink immediately.

#### Platinum Plus Shakes

Our premium formulation that is Gluten Free and made using all natural colours and flavours with the added benefits of pre and probiotics, dietary fibre, high protein, DHA and MCT's. Deliciously creamy when mixed with water.



**Directions for use:** Mix one sachet with 200-250ml of chilled water. Blend or shake to dissolve. Drink immediately.

#### VLCD Soups

Delicious soups, perfect for winter.



**Directions for use:** Pour contents of sachet into a mug, add 50ml of warm water and mix to form a paste, add another 150ml of hot water and stir until dissolved. Drink immediately.

#### VLCD Bars

Delicious bars in a variety of flavours, quick and easy for on the run.

