



APP 2025 Welcome Pack



Nourish your body

DURING YOUR WEIGHT LOSS JOURNEY

Dear Pharmacist,

I look forward to meeting you at APP 2025.

Hello, and welcome!

My name is Dr. Angela Kwong and I am a GP passionate about helping patients achieve sustainable weight loss. I created **Enlighten Me** with the goal of supporting patients in a more holistic way.

The **Enlighten Me Shake** and **Enlighten Me Program** were born out of my experience working with patients using weight loss medications. I saw firsthand the challenges that they faced, like nausea, bloating and reflux. That's why I developed the **Enlighten Me Shake**, a high protein, easy to digest meal replacement that addresses these issues and fills the nutritional gaps caused by weight management medications.

The **Enlighten Me Program** is a medically supervised, comprehensive solution that combines expert guidance in nutrition, exercise and lifestyle changes, equipping patients with the skills they need for lifelong weight control. Together, these tools are designed to empower patients to take control of their weight in a way that is both sustainable and supportive.

I am excited to meet you personally at **Stand 429**, during APP 2025, where we can discuss how the Enlighten Me Shake and Enlighten Me Program can support your patients health and weight management journey.

I look forward to connecting with you and exploring how we can enhance patient care and achieve the best possible outcomes.

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Keeping Perspective

Approximately 2/3 of Australians are overweight or obese (AIHW 2022).

From 2020 to 2023, the demand for GLP-1 medications has grown by **over 500%**, as more Australians are prescribed these drugs to manage obesity and related conditions such as type 2 diabetes (PBS data).

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MEET OUR FOUNDER

Dr. Angela Kwong

MBBS DCH FRACGP
NSW State Lead RACGP SI Obesity Mx
SCOPE Certified, World Obesity Federation



Hi, I'm Dr. Angela!

ENLIGHTEN ME

Shakes

An innovative meal replacement shake, containing over 32g protein with up to 5.5g carbohydrates per serve. Enhanced with gut-loving prebiotics and probiotics.

Perfectly balanced with vitamins and minerals to support the body during the weight loss journey.

- Very high in protein, yet low in carbs. This is through not adding any fillers.
- Gut-loving prebiotics and probiotics.
- Balanced vitamins and minerals.
- **FODMAP Friendly** - easy to digest.
- Nutrient-packed with daily greens.
- Medium chain triglycerides to assist with satiety.
- Dietary fibre to support digestion.
- Free from artificial sweeteners.
- Peppermint oil and ginger to support digestive comfort.
- Proudly made in Australia.



Who loves our Shakes?

- Patients taking GLP-1's struggling to meet protein and nutrition targets.
- Patients weaning GLP-1's and looking to control weight with high protein and low carb.
- Patients with diabetes looking for a low sugar protein supplement.
- Women going through peri/menopause looking for a high protein and low carb solution.
- Those on a Low FODMAP diet looking to supplement nutrition.
- Those training looking for a clean source of whey protein without fillers and artificial sweeteners.
- Those looking for a simple non-pharmacological weight loss option.

One 385 gram pouch contains 7 serves and a scoop.





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The level of attention to detail in this formula is unbelievable.

It's actually like a 6-in-1. Whey protein / meal replacement / prebiotic / probiotic / MCT / greens. Such good value. And a premium Australian-made product, which is so important to our Customers these days ...”

”

Fausat, Pharmacist

Vanilla

Chocolate

NUTRITIONAL FACTS

Serving size: 2 Scoops (55g) Servings: 7

	Per Serve	%RDI	Per 100g
Energy (kJ)	866 kJ		1570 kJ
Calories	207 Cal		376 Cal
Protein	32.4 g		58.8 g
Gluten	not detectable		not detectable
Fat, Total	4.9 g		9.0 g
Saturated	4.0 g		7.4 g
Carbohydrates, Total	5.5 g		10.1g
Sugars	2.8 g		5.2 g
Lactose	1.3 g		2.3 g
Dietary Fibre	4.8 g		8.8 g
Sodium	107 mg		194 mg
Vitamin A	245 ug	33%	445 ug
Vitamin B1 (Thiamin)	0.36 mg	32%	0.65 mg
Vitamin B2 (Riboflavin)	0.55 mg	33%	1 mg
Vitamin B3 (Niacin)	3 mg	33%	5 mg
Vitamin B5 (Pantothenic Acid)	0.8 mg	17%	1 mg
Folate	100 ug	50%	182 ug
Vitamin B6	0.5 mg	33%	0.9 mg
Vitamin B12	1 ug	50%	2 ug
Vitamin C	13 mg	32%	23 mg
Vitamin D	3.3 ug	33%	5.9 ug
Vitamin E	3 mg	33%	6 mg
Calcium	400 mg	50%	727 mg
Iodine	38 ug	25%	69 ug
Iron	3.9 mg	33%	7.1 mg
Magnesium	160 mg	50%	291 mg
Phosphorus	326 mg	33%	593 mg
Zinc	3.9 mg	33%	7.1 mg
Copper	0.5 mg	16%	0.9 mg
Chromium	3.4 ug	2%	6 ug
Selenium	2 ug	2%	3 ug
Probiotic Bacillus coagulans	1.5 billion cfu		2.7 billion cfu

Ingredients: Protein blend [Whey protein concentrate (Milk), Whey protein isolate (Milk), Emulsifiers (Soy Lecithin, Sunflower Lecithin)], Fibre (Acacia Gum), Medium Chain Triglyceride Oil Milk Powder (Antioxidants 306, 307b), Natural Flavour, Vitamin and Mineral Blend [Vitamins (Ascorbic Acid, Cyanocobalamin, D-alpha Tocopherol Acetate, Niacinamide, Retinyl Acetate, Cholecalciferol, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride, Biotin, Folic Acid, Minerals (Dicalcium Dihydrate, Magnesium Oxide, Zinc Gluconate, Ferric Pyrophosphate, Copper Gluconate, Selenomethionine, Chromium Polynicotinate)], Sunflower Oil Powder, Thickeners (Xanthan Gum, Guar Gum), Fibre (Inulin), Peppermint Oil Extract, Magnesium Hydroxide, Konjac Root, DigeZyme® (Multienzyme Complex (Alpha Amylase, Acid Protease, Cellulase, Lactase, Lipase)), Lactospore® (Bacillus coagulans), Kale powder, Spinach Powder, Broccoli Powder, Natural Sweeteners (Stevia, Monk Fruit), Kelp Extract (Iodine 0.1%), Ginger Root Extract.

Allergens: Contains Milk, Soy.

Packed in Australia from imported ingredients

NUTRITIONAL FACTS

Serving size: 2 Scoops (55g) Servings: 7

	Per Serve	%RDI	Per 100g
Energy (kJ)	873 kJ		1590 kJ
Calories	209 Cal		379 Cal
Protein	32.7 g		59.5 g
Gluten	not detectable		not detectable
Fat, Total	5.1 g		9.3 g
Saturated	4.2 g		7.6 g
Carbohydrates, Total	4.9 g		8.9 g
Sugars	2.0 g		3.7 g
Lactose	1.2 g		2.1 g
Dietary Fibre	5.2 g		9.4 g
Sodium	107 mg		194 mg
Vitamin A	245 ug	33%	445 ug
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ENLIGHTEN ME

Shaker

Discover the Enlighten Me Shaker, a game-changer for your patient's Enlighten Me Shakes experience.

As a Pharmacist, you would understand the importance of providing your patients with the right tools to support their weight management and nutritional needs. The **Enlighten Me Shaker** is the perfect companion, ensuring a smooth, delicious and nutritious shake every time - making it easier for your patients to stay on track with their health goals.

Why Recommend the Enlighten Me Shaker to Your Patients?

- **Optimal capacity for ease of mixing:** With a generous 600ml capacity, the shaker provides ample space for thorough mixing, ensuring your patients enjoy a perfectly blended shake each time.
- **Durable and leak-proof:** Designed with strength and convenience in mind, the Enlighten Me Shaker features a secure screw top that prevents any spills, so patients can use with confidence - whether at home, at the gym, or on the go.
- **Effortless, lump-free mixing:** The star-shaped mixer ensures a smooth drink every time. Unlike traditional metal coils, this design is easy to clean - saving your patients time and effort.



- **Sleek, professional design:** Featuring a minimalist design with clear measurements and an understated logo, this shaker is as stylish as it is functional - perfect for any setting.
- **Timeless colour scheme:** Available in a clean, clear and white color combination, the shaker complements any lifestyle, from daily workouts to office routines.

Product Specifications

- Capacity: 600ml
- Dimensions: 12cm x 19cm x 9.5cm
- Net Weight: 280 grams

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Customer Feedback - Padraig

I wanted to write and applaud you personally on the Shaker.

As soon as I opened the package it really stood out.
I've never seen any Shaker like it before.
Really classic, yet strong and sturdy.
It mixed my Shakes really smoothly.
I can proudly take it to work too.

”

Pairs perfectly with the Enlighten Me Shakes

Our products are available
for purchase at
www.enlightenme.com.au
and at selected Stockists.

We welcome new Pharmacies who are interested in stocking our products and will consider applicants who:

- Understand and appreciate the unique nature of our products;
- Are like-minded towards supporting individuals along their weight loss journey.
- Agree to our Stockist Agreement.

As a Stockist, you will have the opportunity to:

- Purchase products at Stockist prices;
- Display and sell products to your customers at your retail premises;
- Sell products at a retail price set by you that is appropriate for your community;
- Stock a unique product that can complement other products or services, such as weight management consultations, out of stock medication recall service.
- Work alongside a growing community of innovators in the weight loss space.

Stockist Pricing

We utilise a tiered pricing structure, which provides flexibility for both:

- Small Stockists - those who wish to start with a smaller quantity to get started;
- Medium sized Stockists - those who wish to order just the right amount each time
- High volume Stockists - beneficial discounts for larger orders.

For up to date prices on items and shipping, check out our Product Guide.

Ongoing Training & Support

For our Stockists

We provide ongoing support and training for our Stockists to help them support their patients.

- Assist with upskilling your team to provide weight management advice in the pharmacy setting.
- Help with protein recommendations alongside a healthy balanced diet.
- Keeping patients supported and accountable during their weight loss journey.



Stockist Starter Pack

Perfect for those who would like to get started with a small quantity of each product, along with free shipping.

5 Enlighten Me Shakes - Chocolate

5 Enlighten Me Shakes - Vanilla

4 Enlighten Me Shakers



Our Program

Enlighten Me - a medically supervised weight loss program

Empowering Patients Through Sustainable Weight Management

Enlighten Me is a medically supervised weight loss program designed to address the root causes of weight challenges. Our multidisciplinary team works with each patient to provide expert care, ensuring sustainable and long-term success.

What We Offer:

- **Personalised support:** We provide tailored care, including individualised nutritional advice and protein calculations. This helps patients preserve muscle mass, support metabolism, and sustain results.
- **Multidisciplinary expertise:** Patients receive support from an entire team, including GP's, Nutritionist, and Exercise Physiologist, helping them implement practical, lasting lifestyle changes.
- **Telehealth accessibility:** Operating entirely online, we ensures patients across Australia—including rural and remote areas—can access expert guidance in nutrition, exercise, and weight management from home.
- **Stigma-Free Care:** We create a supportive, judgment-free environment, allowing patients to confidently engage in their weight management journey.

Why Refer Patients to Enlighten Me?

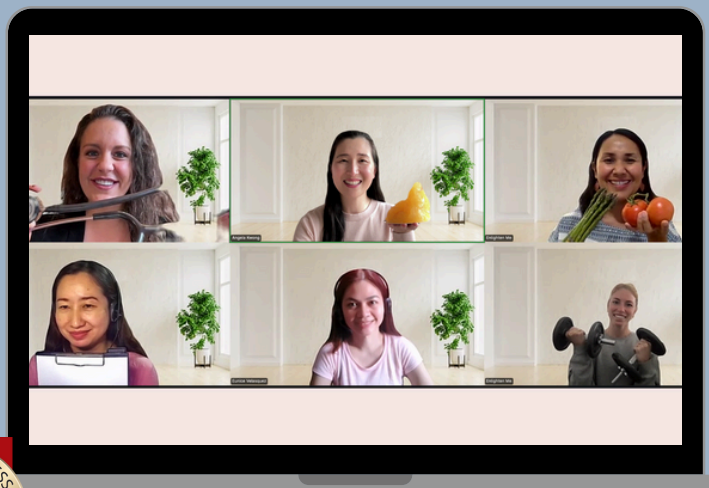
- Pharmacists play a crucial role in guiding patients towards effective weight management.
- Enlighten Me collaborates with Pharmacists as part of the community team, providing patients with expert medical and allied health support. After starting with us, patients return to their local pharmacy for medication dispensing, and supportive products like meal replacement shakes.
- This partnership ensures continuity of care while strengthening the Pharmacist's role in the patient's journey.

MEET OUR TEAM

Enlighten Me

Our multidisciplinary team consists of:

- 2 General Practitioners
- Exercise Physiologist
- Nutritionist
- 2 Support Staff



ARE YOU KEEN TO LEARN MORE?

Join me for a Shake Tasting at Booth 429!

Would you like to chat before or after the Event?
Book a time on my Calendar for a Zoom or phone call [HERE](#).

- Dr. Angela

www.enlightenme.com.au

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