

Optimise their nutrition during weight loss

Would your customers on GLP-1 RAs benefit from nutrition support?

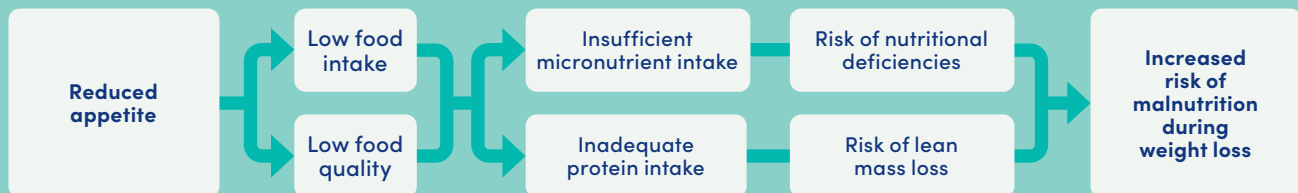


Reduced Appetite: Implications and Nutritional Considerations

Eating a balanced diet during GLP-1 RA therapy is important to ensure sufficient nutritional intake. The appetite-suppressing effects of GLP-1 RAs can lead to weight loss, but it may also result in inadequate intake of essential nutrients such as protein, carbohydrates, fat, vitamins, and minerals. Implications of insufficient nutrient consumption can vary, but may include low energy levels, fatigue, weakness, and poor mood.¹

Inadequate protein intake may lead to an increased loss of lean muscle during weight loss. Consuming sufficient protein can help to improve appetite control, preserve muscle mass, and increase energy expenditure which may assist with successful weight loss.² Nutritional risks should be considered for individuals on GLP-1 RAs for weight loss as without nutrition support, the risk of malnutrition may be increased.³

Nutritional risks associated with a reduced appetite



Supporting the nutritional status of your customers

For patients with overweight or obesity who are prescribed GLP-1 RAs, the OPTIFAST Program can be a beneficial tool to support effective weight loss while ensuring essential nutrition. The OPTIFAST Program is a Very Low Energy Diet (VLED) program that

incorporates specially formulated, very low energy foods to replace 1 to 3 meals per day.

OPTIFAST VLCD products contain essential nutrients including protein, fibre, vitamins & minerals to support nutritional requirements during weight loss.

OPTIFAST
PROGRAM



Calorie restriction

Creates a calorie deficit with 800-1200 calories per day on the intensive level to promote weight loss.



Nutritional balance

Provides essential nutrients to decrease risk of nutritional deficiencies.



Protein intake

Provides sufficient protein to help maintain lean muscle mass and support metabolism.



Portion control

Simplifies meal planning to improve adherence to the program.

Optimise their nutrition with OPTIFAST VLCD

OPTIFAST VLCD products are specially formulated very low energy foods that can be beneficial to help individuals maintain nutritional balance and reduce overall caloric intake. OPTIFAST VLCD products provide individuals with a high protein, nutrient dense meal alternative.

Replacing meals with OPTIFAST VLCD products can be a beneficial option for those who are on a calorie restricted diet and are time poor, unable to consume full nutritious meals and/or struggle with portion control.

Discuss nutrition support with the OPTIFAST Program with your customers on GLP-1 RA therapy to help them achieve their weight loss goals while maintaining optimal health.



High in protein



Complete nutrition



Low in calories

A guideline-recommended complementary intervention

The *Australian Obesity Management Algorithm for Primary Care* recommends the combined use of pharmacotherapy and VLEDs for specific populations to help achieve target weight loss.⁴

VLED programs provide a beneficial solution to improve nutritional intake and encourage positive eating behaviours during GLP-1 RA therapy. In isolation, VLEDs, such as the Intensive Level of the OPTIFAST Program, have been shown to achieve 10-15% weight loss in approximately 8-12 weeks.⁵

New VODCAST series: Weight Management Clinical Conversations

Hear from healthcare professional peers about weight management strategies including the use of VLEDs in their practice.



Watch Episodes 1 & 2.
Duration: 15 minutes.

Access resources, request a rep and samples.

The OPTIFAST Program is clinically proven to help achieve effective weight loss



¹Circana Market Read Data, Total OPTIFAST in Total VLCD & Meal Replacement, dollar sales, AU Pharmacy market, MAT to 17/03/2024.

References: 1. Tardy, AL. *Nutrients*, 2020. 12(1):228. 2. Gibson, A.A., et al. *Healthcare*, 2016. 4(3):71. 3. Fallows, E. et al. *The Lancet*, 2023. 401:2093-6. 4. Markovic, T.P., et al. *Obesity Research & Clinical Practice*, 2022. 16(5): 353-363. 5. Brown, A. and A.R. Leeds. *Nutrition Bulletin*, 2019. 44(1): 7-24.

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

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