

Supporting sustained weight management

Nutrition support for customers during and after GLP-1 RA therapy



The challenge of sustaining long-term weight loss

The prevalence of overweight and obesity continues to rise, affecting two-thirds of Australian adults.¹ Obesity is now recognised as a chronic condition, emphasising the need for effective management options to support ongoing weight management.

One significant challenge that arises after the completion of any weight loss therapy is weight regain.² The complexities of weight regain extend beyond food intake and exercise, encompassing physiological mechanisms such as metabolic

adaptation, hormonal changes, and psychological factors. Consequently, the battle to continue losing weight or maintain the achieved weight loss becomes intensified.²

To mitigate the impact of weight regain and sustain weight loss, a focus on sustainable lifestyle changes is important. This requires a long-term commitment to healthy eating habits, regular physical activity, and ongoing tailored support for each individual.

Discontinuation of anti-obesity medications

Weight loss pharmacotherapy, such as GLP-1 RAs, offers a valuable option for eligible patients seeking effective weight management solutions. These medications have shown to be beneficial in supporting weight loss efforts. However, if for some reason the use of anti-obesity therapy is discontinued, some individuals may require a proactive and effective strategy to help mitigate the risk of weight regain and/or support weight maintenance.

Potential reasons for discontinuation of GLP-1 RAs



Target weight loss achieved



Lifestyle needs



Cost of medication



Side effects



Lack of availability

Nutritional support for customers during and after GLP-1 RA therapy

For individuals who are looking to continue their weight loss journey or maintain weight loss after ceasing GLP-1 RAs, the incorporation of very low energy food products can provide a nutritionally complete solution for long-term weight management.

The OPTIFAST Program offers a structured and effective approach to energy restriction and portion management, and incorporates specially formulated very low energy food products. Individuals can replace 1, 2 or 3 meals a day to ensure balanced nutrition while reducing overall calorie intake.

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 to support continued weight management. OPTIFAST VLCD products provide individuals with a high protein, nutrient dense meal alternative.

High in protein

All OPTIFAST VLCD products are high in protein with approximately 20g protein per serve to help meet protein requirements. OPTIFAST VLCD Protein Plus Shakes contain 28g protein per serve to support individuals with higher protein needs.

Nutritional balance

OPTIFAST VLCD products contain a blend of macronutrients, including protein, carbohydrate, and healthy fats, along with essential vitamins and minerals to ensure individuals receive adequate nutrition while reducing overall caloric intake.

Energy intake

OPTIFAST VLCD products provide pre-portioned, low calorie servings, making it easier to adhere to a calorie-restricted diet. This can be beneficial for individuals who struggle with portion sizes and/or have difficulty estimating calorie intake.

Consistency & Structure

Following a structured meal plan can be helpful for individuals striving to maintain a consistent and balanced diet. By replacing meals with OPTIFAST VLCD products, individuals can establish a routine and maintain consistency in their nutritional intake.

OPTIFAST VLCD products are quick and easy to prepare, making them a convenient and time-saving meal alternative. Individuals can choose from a range of delicious shakes, bars, soups, and desserts to suit their tastes and preferences.

OPTIFAST VLCD products can be utilised as part of a long-term weight management strategy or as a temporary solution while individuals learn to make healthier food choices. OPTIFAST VLCD products can be used alone or alongside GLP-1 RAs for suitable individuals as part of the OPTIFAST Program.

By recommending the OPTIFAST Program to customers following GLP-1 RA discontinuation, you can provide them with a practical and evidence-based approach for ongoing weight loss and weight maintenance.

OPTIFAST
PROGRAM

Optimise their nutrition
during 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. Australian Bureau of Statistics 2017/2018. <https://www.aihw.gov.au/reports/overweight-obesity/overweight-and-obesity/contents/overweight-and-obesity#How-common-overweight-obesity>. Cited 7/3/24. 2. Busetto, L. European Journal of Internal Medicine, 2021. 93:3-7.

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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