

## *Frequently Asked Questions*



Section

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**Take Shape  
For Life**  
*Life in Motion*

## Section

## 3

## Frequently Asked Questions

### General Information about Take Shape for Life

#### WHAT IS TAKE SHAPE FOR LIFE?

Take Shape for Life is a nationwide network of Health Advisors and Health Professionals committed to and driven by a mission of making Optimal Health a Reality for the lives of millions of people across America. Take Shape for Life takes a comprehensive approach to promote healthy changes in your life. We combine the clinically proven Medifast Meals in an easy-to-follow program with the added support of a caring, knowledgeable Health Advisor.

#### WHAT MAKES TAKE SHAPE FOR LIFE UNIQUE?

Take Shape for Life is committed to helping you achieve optimal weight loss and maintaining that weight loss with simple strategies for lifelong health. With Take Shape for Life, you have the added benefit of free personal support and coaching from a qualified independent Health Advisor. Your Health Advisor will help guide you through our program, which includes our BeSlim™ philosophy for lifelong weight control, and help you achieve and maintain Optimal Health.

#### WHAT IS THE ROLE OF A HEALTH ADVISOR?

A Health Advisor is a free coach who will be there all along the way, during your weight loss phase and through your transition, to provide the knowledge, care and support you need to succeed and maintain your weight loss and Optimal Health for life.

What are some of the benefits of choosing Take Shape for Life?

- A free personal Health Advisor will help you get the most out of your program, help you reach your goals, and can save you money on your program!
- Take Shape for Life provides weekly interactive support calls for clients and Health Advisors to provide you with additional support and knowledge, right from the comfort of your own home!
- Your Health Advisor can help design the program that is right for you, assist you with ordering products, track your packages, answer your questions, support you along the way and teach you strategies for long-term success!
- As you learn more about Take Shape for Life from your Health Advisor, you may want to join us in our mission to get America healthy! You can make a difference and help others get healthy by becoming a Health Advisor as well!

#### WHAT ARE MEDIFAST MEALS?

Medifast Meals are low-calorie, pre-measured, nutritionally balanced meal replacements, designed to help you lose weight and improve your health. These delicious low-calorie, low-fat fortified meals come in a wide variety of flavors and choices. Quick and easy to prepare, they offer a healthy fast food alternative to a busy lifestyle! Plus, Medifast Meals have been clinically proven and recommended by over 15,000 physicians.

## Program Information

### CAN YOU EXPLAIN THE TAKE SHAPE FOR LIFE PROGRAM USING MEDIFAST MEALS TO ME?

- It's an easy and safe weight-loss program
- You'll receive the FREE support of a qualified Take Shape for Life Health Advisor to help support, educate and guide you on your program
- Your meals are pre-measured so you don't have to count calories or carbs
- You'll eat 5 Medifast Meals (1every 2 - 3 hours), plus 1 "lean and green" meal of meat and vegetables daily
- 800-1000 calories
- On average, you can lose 2 – 5 pounds per week
- Medifast Meals have been clinically proven in studies conducted at Johns Hopkins

### HOW DOES IT WORK?

Take Shape for Life recommends a 5&1 plan. This plan consists of 5 Medifast Meals and 1 "lean and green" meal of meat and vegetables.

### HOW OFTEN DO I EAT?

You will eat every 2-3 hours. Throughout the day you will have 5 Medifast Meals and 1 "lean and green" meal.

### WHAT DOES A TYPICAL DAY LOOK LIKE?

- 7:00 am – Medifast Apple Cinnamon Oatmeal
- 9:30 am – Medifast Cappuccino
- 12:00 noon – Medifast Chicken and Wild Rice Soup
- 3:00 pm – Medifast Fruit and Nut Granola Bar
- 5:30 pm – Salad with grilled chicken ("lean & green" meal)
- 8:30 pm – Medifast 55 Dutch Chocolate Shake

### HOW FAST DO YOU LOSE WEIGHT?

On the 5 & 1 plan, you will lose an average of 2-5 pounds a week. This amount varies from person to person depending on various factors (how much weight you have to lose, activity level, medications, etc.). The amount of weight you lose will fluctuate from week to week. The scale will be affected by fluid retention, not drinking enough water, illness, stress, too much exercise, and even temperature extremes. Don't panic if the scale doesn't move for several days or even goes up. If you stay solid on your program, the scale will eventually show results.

### WHEN SHOULD I START MY TAKE SHAPE FOR LIFE PROGRAM?

You will want to start when it is best for you. The first three days are critical to your success, while your body adjusts to the plan, so work with your Health Advisor to plan your start carefully. You might want to look for a time when you don't anticipate any big events that involve food. The key is to pick a date and start. No excuses!

**IS IT SAFE?**

Medifast programs have been recommended by over 15,000 physicians and used by over one million customers. Medifast has been providing a clinically proven approach to weight loss and nutrition for over 25 years.

**HAS IT BEEN RESEARCHED?**

Over the past 25 years, Medifast has been recommended by the over 15,000 physicians. Research studies at Johns Hopkins University as well as the National Institutes of Health have shown Medifast products and programs to be very effective as well as medically safe.

**HOW MUCH WATER SHOULD I HAVE ON THIS PROGRAM?**

It is important to get at least 6 to 8 glasses or 64 ounces of water per day while on the program.

**HOW MANY TIMES A DAY CAN I HAVE COFFEE AND CAFFEINATED BEVERAGES?**

You can have up to 3 coffees or caffeinated beverages a day.

**DO I NEED TO TAKE A MULTIVITAMIN ALONG WITH THIS PROGRAM?**

You do not need to take a multivitamin along with the program. When you are doing the 5 & 1 plan you get all the vitamins and minerals you need to achieve the Recommended Daily Allowances. If your doctor prescribes additional vitamins or minerals, you will want to discuss with your doctor how much you should take in addition.

## The 5 & 1 Plan

On the 5 & 1 Plan you eat 5 Medifast Meals per day and 1 “lean and green” meal of meat and vegetables. Most people lose 2-5 pounds per week on the 5 & 1 Plan. This varies depending on various factors such as how much weight you have to lose, if you are exercising, have any medical concerns, or are on any medications, etc.

### *Men's & Women's Weight Loss Programs*

**WOMEN:**

With the Women's 5 & 1 weight loss program, you can lose up to 20 pounds in 30 days. Medifast is a quick, healthy diet plan to help women lose weight, especially if you have tried other diets without success. Medifast has been clinically proven to help women lose weight quickly and safely. Medifast Meals are nutritionally balanced and low in calories, making the Medifast women's weight loss program a healthy diet plan that is effective for women.

Each day you'll eat 5 Medifast Meals plus 1 “lean and green” meal. You won't be hungry on the Medifast women's weight loss program because you're eating every 2-3 hours and Medifast Meals are so satisfying. Medifast fits your busy life because our meals are quick and easy to prepare while still being a healthy diet plan for women to lose weight on.

**MEN:**

With the Men's 5 & 1 weight loss program, men can lose up to 20 pounds in 30 days. Medifast is great for any man who is too busy to go to the gym or shop for healthy meals. Medifast has been clinically proven to help men lose weight quickly and safely. If you are a man who is looking to lose weight and get healthy, the Medifast men's weight loss program is for you.

Each day you'll eat 5 Medifast Meals plus 1 "lean and green" meal. You will lose weight without being hungry because you are eating every 2-3 hours. Medifast ensures men's weight loss with its nutritionally balanced and low calorie meals. Medifast fits your busy life style because our meals are quick and easy to prepare.

### OVER AGE 70

We recommend you see your physician before you start your plan. Maintaining a healthy weight is beneficial for people of all ages. Everyone needs to obtain a healthy weight to live life to its fullest. Our program helps clients reach their optimal healthy weight. As a person grows older, it is imperative that they remain healthy as they lose their weight. This is why we have set up some guidelines for customer over the age of 70:

- Maintain a minimum of 1200 calories per day while on the program
- Use Medifast Meals (Shakes, Bars, Soups, Oatmeal, Chili, etc.), in addition to a meal plan which includes protein and salad or vegetables.

### WHAT DOES THE "LEAN AND GREEN" MEAL CONSIST OF?

The "lean and green" meal consists of either 5 ounces of beef, pork, lamb, or 7 ounces of chicken, turkey, and fish. Weights for meats are the cooked weight. Along with this you can have either 1 1/2 cups of low-carbohydrate vegetables or 2 cups of salad greens with up to 1/4 cup of additional vegetables and 1-2 tablespoons of low-fat salad dressing. Medifast offers several flavors of salad dressings that are ideal for your "lean and green" meals.

### WHAT CAN I PUT ON THE SALAD?

You can use Medifast low-fat salad dressings, or 1 to 2 cups of salad greens with up to 1/2-cup total of any combination of raw vegetables such as:

- |                           |             |             |
|---------------------------|-------------|-------------|
| • peppers                 | • onions    | • cucumbers |
| • celery                  | • mushrooms | • radishes  |
| • alfalfa or bean sprouts | • broccoli  | • tomatoes  |
| • cabbage                 |             |             |

### CAN I EAT FRUIT?

No, fruits are high in carbs and that affects your "fat-burning state", slowing your weight loss.

### CAN I HAVE BOTH SALAD AND VEGETABLE FOR MY "LEAN AND GREEN" MEAL?

You should have either 1 1/2 cups of cooked vegetables *OR* 2 cups of salad greens with up to 1/2 cup of additional vegetables.

Which vegetables can I eat instead of salad?

Vegetables Permitted:

- |             |                   |   |
|-------------|-------------------|---|
| • Asparagus | • Alfalfa Sprouts | • Beans ( <i>Italian, Green, Waxed</i> )    |
| • Broccoli  | • Cabbage         | • Cauliflower                               |
| • Celery    | • Collard Greens  | • Cucumber                                  |
| • Eggplant  | • Kale            | • Lettuce ( <i>Romaine, Iceberg, Bibb</i> ) |
| • Mushrooms | • Onions          | • Peppers                                   |
| • Radishes  | • Spinach         | • Summer Squash and Zucchini                |
| • Tomatoes  | • Turnips         |   |

## Starting with Take Shape for Life

### HOW DO I GET STARTED?

Take Shape for Life recommends that you order a 4-week variety package to get started on the program. You can lose up to 20 pounds on the program in one month. Your Health Advisor is also available to assist you in designing a plan that is perfect for you.

### SHOULD I WAIT UNTIL THE WEEKEND OR START DURING THE WEEK?

You will want to start when it is best for you. Talk to your Health Advisor to pick a date to get started. The first three days are critical to your success, so plan your start carefully. You might want to look for a time when you don't anticipate any big events that involve food. The key is to pick a date and start. No excuses!

### HOW LONG CAN I STAY ON THE 5 & 1 PLAN?

As long as you are doing well and making progress, you should be able to stay on Medifast for as long as it takes to reach your desired goal weight. We recommend that you continue using Medifast Meals as part of our BeSlim™ philosophy for lifelong weight control.

## While on the Program:

### WHAT CAN I DO ABOUT WANTING TO CHEW?

You can munch on celery - up to three stalks per day is acceptable. Celery is a high-water vegetable with minimal carbohydrates.

### CAN I CHEW GUM?

Yes, as long as it is sugar-free. You can also have sugar-free mints. Make sure to limit these to 5 a day, whether gum or mints.

### CAN I HAVE ALCOHOL ON THIS PLAN?

No. Alcohol is metabolized similar to a carbohydrate and can decrease your "fat-burning state" and possibly slow your weight loss. Also you tend to feel the effects of the alcohol at lower quantities due to the lower calorie intake.

### WHAT IF I MISS A MEAL?

If you miss a Medifast Meal, take the rest of your packets closer together to make sure you get all the required Medifast Meals in before the end of the day. Because of the low calorie level of Medifast, skipping packets will put you below the optimal nutrient level your body needs to function. This decrease in your nutrient balance will make your body conserve energy and cause you to lose weight slower, not faster.

### WHAT IF I RUN OUT OF MEALS?

As an emergency substitute, you can drink an 8-ounce glass of skim or low-fat milk for each Medifast Meal you will miss. Don't do this for more than one day. If you will be away from your Medifast supplies for longer than one day, focus on eating meals that are high-protein/low carbohydrates until you can return to your program.



## Fluid Intake

### HOW MUCH WATER SHOULD I HAVE ON THIS PROGRAM?

It is important to get at least 6-8 glasses or 64 ounces of water per day on the program.

### WHAT CAN I HAVE IN ADDITION TO WATER?

You can drink in addition to the water non-caloric beverages including:

- iced or hot tea
- coffee
- Crystal Light®
- flavored water
- diet sodas
- instant broth
- herbal tea
- Sugar-free Kool-Aid®

### SHOULD I WORRY ABOUT SALT IN BOUILLON?

No, it's fine to have extra salt. In fact, it might even make you feel better if you are somewhat tired or are feeling light-headed or dizzy. When you are on Medifast, your body loses water quickly, along with some of your electrolytes such as sodium. Your body will eventually get back in balance, but having extra salt, such as in bouillon, will help it do this more quickly.

### CAN I HAVE CAFFEINE?

You can have up to 3 cups of coffee or caffeinated beverages a day.

### WHAT CAN I PUT IN MY COFFEE?

You can put small amounts of skim milk or non-fat unflavored coffee creamer in your coffee, but be sure to limit to 1-2 tablespoons. You can also use artificial sweeteners like Splenda™.

## Medical Monitoring

As with any weight loss program, Take Shape for Life advises that you see your physician prior to and throughout the process. You should definitely see your doctor if you have any serious medical conditions or are on medications which may need to be adjusted as you lose weight or if you are over 70 years of age.

While your Health Advisor will support and encourage you throughout your weight loss program, a regular or Certified Health Advisor is not a substitute for a physician or qualified medical practitioner for monitoring patients using Medifast low-calorie products.

### WHAT LABS SHOULD MY DOCTOR PERFORM PRIOR TO AND THROUGHOUT THE WEIGHT LOSS PROCESS?

You should consult with your physician to answer this question.

Consult with your doctor if you:

- have 50+ pounds to lose
- are on medications
- are older than 70 years or younger than 18 years
- have medical concerns

### HOW OFTEN SHOULD I SEE MY DOCTOR?

Follow-up visits will be determined by your doctor.

### **CAN I USE MEDIFAST IF I'M ON PRESCRIPTION MEDICATIONS?**

Most medications for chronic conditions such as depression, thyroid, or hormone deficiency, etc., may be continued while you are on Medifast. Check with your doctor regarding dosage adjustments.

#### **CORTISTERIOD:**

- If taking more than 20 mg a day (such as prednisone), you should not do Medifast.

#### **LITHIUM:**

- Medifast causes more frequent urination, leading to a decreased sodium level and causing a toxic conservation of lithium in your kidneys. Close physician supervision is required to monitor your lithium levels weekly.

### **WHAT ABOUT BLOOD PRESSURE MEDICATIONS?**

Your physician may change the dose of your blood pressure medication while you are on Medifast. Watch for symptoms that can indicate your medication dose needs to be changed: feeling tired, weak, or "washed out," legs feeling rubbery or weak, headaches, feeling dizzy or light-headed, or becoming more fatigued after several weeks of feeling great.

## **Contraindications - Absolute & Relative**

It is recommended that clients with absolute contraindications not participate in any Medifast Program. Clients with relative contraindications should be considered candidates only for the Medifast Plus Program. All candidates should consult a doctor before starting any program.

#### **ABSOLUTE CONTRAINDICATIONS** *(not appropriate for any Medifast Program):*

- Heart Attack or Myocardial Infarction (MI) within previous 3 months (unless cleared by a cardiologist)
- Recent or recurrent CVAs and/or TIAs (Strokes)
- Unstable angina
- Severe liver disease (need low protein diet)
- Severe kidney disease (need low protein diet)
- Active peptic ulcer disease
- Active cancers
- Active thrombophlebitis (DVT/PE within 3 months)
- Pregnant or breastfeeding
- Active or History of eating disorder (could cause relapse)
- Severe psychiatric disturbance (history of major depression and suicide attempts)
- Chronic use of corticosteroid therapy >20 mg/day
- Chronic use of illicit drugs, addiction, alcoholism, or substance abuse
- Type I Diabetes



### RELATIVE CONTRAINDICATIONS:

Clients with Relative Contraindications should consider using Medifast Plus Programs only. Factors influencing the decision to use Medifast Meals with relative contraindications should include: degree of obesity, co-morbidity, compliance, and the requirement for additional medical monitoring. We recommend that you consult your physician before beginning the program.

- *Diabetes*, Type I: as a supplement for nutrition and weight maintenance, not as a weight loss program
- *Gastrointestinal erosion*, Current medication known to cause: take medication with a Medifast meal
- *Lithium*, Current use of: under close medical supervision/lab monitoring to determine lithium levels
- *Peptic Ulcers*, History of: if active, absolute contraindication
- *Seizures*, History of: with medical supervision/lab monitoring of seizure medication levels
- *Thrombophelitis*, History of: if on Coumadin, labs should be monitored more frequently; check Vitamin K levels in product nutritional profiles
- *TIA's/Stroke*, History of: as increased modified program with 1,200 calories
- *Advanced age* (over 70 years): 1200 calories recommended; should do increased plan with 3–4 Medifast Meals and 2 meals containing protein and vegetables and salad; if no weight loss, decrease calories by 50–100
- *Adolescence* (beyond puberty): as increased modified program with 1,200 calories, no complete program

## Side Effects

*One to two tablespoons of canola or olive oil can be incorporated into the 5&1 Plan to help with constipation, hair loss, and dry skin.*

### DIARRHEA?

During the first week or so on the program, some people experience diarrhea from the body's adjustment to the concentration of nutrients in Medifast Meals. Too much sugar-free gum or mints can also cause diarrhea.

### GURGLING STOMACH, CRAMPS?

If you experience gurgling stomach, abdominal cramping, bloating, or diarrhea, you may have lactose intolerance or a shortage of the enzyme that breaks down milk products. Try Lactaid pills (available at pharmacies), a non-prescription enzyme that helps your body digest milk components. Take 1 to 3 regular strength pills with each Medifast meal to control the symptoms. You may be able to stop taking the pills after 2-3 weeks.

### CONSTIPATION?

You will probably have bowel movements less frequently than normal because of the decreased food intake. If you have hard stools or feel constipated, try to drink more fluids, increase exercise, and/or take a sugar-free fiber supplement such as Metamucil. You may use stool softener pills or laxatives if necessary.

**BAD BREATH?**

As your body metabolizes fat stores, the fat-burning by-products can cause a slight breath odor. You can also experience a dry mouth because of slight dehydration. To remedy both of these symptoms, drink a lot of water and other fluids; use breath sprays or products such as Breath Asure®; brush your teeth, including your tongue, several times a day; and/or use sugar-free gum or mints, but limit these to five a day.

**FEELING COLD?**

The low calorie level of the program causes your body to decrease its metabolism, which can make you feel cold more easily. Try drinking hot liquids or taking warm baths. Keep a sweater handy.

**SKIN RASHES?**

Some people develop a mild skin rash on their chest, neck or face during the early weeks on the program. Most skin rashes seem to be related to the high-protein balance of the program, and disappear within 1-2 weeks. If a rash itches or feels uncomfortable, use Benadryl® to control the symptoms and/or a cortisone cream to speed healing.

**HUNGER THAT DOESN'T GO AWAY?**

If you continue to struggle with hunger beyond the first 1-2 weeks, your stomach may be excreting more acid than needed for the small volume of food intake, which can create a “gnawing” sensation in your stomach that feels exactly like hunger. If you have a history of having an ulcer or gastritis, you can be particularly prone to this type of hunger problem. Consider taking an acid-blocker medication such as Zantac®, Tagamet®, or Pepcid AC®.

**HAIR LOSS?**

A small percentage of people on the program will struggle with hair loss, especially those on the program for more than three months. B vitamins, zinc, and Biotin are all helpful for decreasing the problem, as are more natural alternatives such as primrose oil and flax seed oil. Hair loss is not permanent and re-growth typically occurs within a couple months of going off the 5 & 1 program.

**WHAT IF I GET SICK?**

If you get a cold or the flu, you can stay on the program provided your symptoms aren't too severe. Taking antibiotics (if necessary) won't harm your 5 & 1 plan but may temporarily slow your weight loss. Be sure to use sugar-free cough and cold medications so that you don't affect your fat-burning state.

## What can I Take for Side Effects?

**HEARTBURN?**

Use antacids such as Maalox® as desired. You might also take an acid-blocker medication such as Zantac® or Tagamet® for a couple of weeks until you no longer experience the symptoms.

**HEADACHE?**

Aspirin, Tylenol, and Ibuprofen may be used as necessary. Avoid long-term use as these may cause stomach distress when you are on the program.

**DOES THE PROGRAM AFFECT MY GALLBLADDER?**

As reported in the Johns Hopkins studies, no case of gallbladder problems were noted. Most people do fine, especially on the 5 & 1 program. Women who are obese, older than forty, and have had children have a higher incidence of gallstones. If you are in this group, we always recommend that you use the 5 & 1 program. If you have a history of gallbladder disease or have any further questions, it is critical that you talk to your doctor before starting our program.

## Can I Take Medications?

**SEASONAL ALLERGY OR ASTHMA MEDICATIONS?**

You can continue most allergy and asthma medications including inhalers while on the program.

**DIURETICS?**

Unless necessary, avoid taking diuretics while you are on the program. If you are currently taking a diuretic, check with your doctor before making changes. You may need to wean off the medication slowly rather than stopping it abruptly.

## Ketosis

**WHAT IS KETOSIS (THE FAT-BURNING STATE)?**

When you are doing the program you are in a mild fat-burning state, also known as ketosis. This mild fat-burning state helps the body achieve rapid weight loss while preserving muscle tissue. This state helps eliminate physical hunger while providing sufficient levels of energy. It usually takes about 3-5 days to get into the fat-burning state.

**IS THE FAT BURNING STATE HARMFUL?**

No, the fat-burning state achieved is very mild – just strong enough to protect you from losing muscle tissue. This mild fat-burning state has not been shown to cause harm to the body.

**HOW CAN I TELL I AM IN KETOSIS?**

The best way to determine you are in the fat-burning state is physical reactions such as feeling less hungry and more energized. Take Shape for Life does not recommend using ketone strips. Many times these can be inaccurate if they are not used at the same time and in the same way each day. Ketone strips are designed for a stronger state of ketosis than what you will experience on the 5 & 1 program.

## Exercise

**CAN I EXERCISE WHEN I'M ON THE 5 & 1 PLAN?**

Yes, you can, but we suggest limiting the amount of exercise, especially in the beginning. It takes three to four weeks for the body to adapt to the plan and use the fat stores for energy.

**WHAT TYPE OF EXERCISE (AND HOW MUCH) IS RECOMMENDED?**

If you haven't been exercising at all, wait three to four weeks until you have adapted to the program. Then start your exercise plan very slowly. Begin with gentle walking, 10 to 20 minutes per day, and then gradually increase the amount. If you have been exercising prior to starting the program, cut your current plan by half during the first three weeks, then gradually build it back up.

**WHAT IS THE MAXIMUM AMOUNT OF EXERCISE I CAN DO?**

While you are on the program, limit intense exercise such as running, biking or swimming to a total of 45 minutes a day. Over exercising will actually slow your weight loss progress.

## Plateau

The amount of weight you lose will fluctuate from week to week. The scale will be affected by fluid retention, not drinking enough water, illness, stress, too much exercise, and even temperature extremes. Don't panic if the scale doesn't move for several days or even goes up. If you stay solid on your program, the scale will eventually show results.

You may reach a plateau once your body is adjusted to the program if you are consuming too many carbs. You may want to cut back your use of Medifast bars to once every other day or try Medifast products with a lower carbohydrate profile. Remember to have at least 6-8 glasses of water a day.

## Transition

**HOW DO I GO OFF THE PROGRAM?**

When you reach a healthy weight, plan to transition gradually. During the transition period, your goal will be to gradually ease back into eating regular food at the same time that you reduce your use of Medifast Meals. Doing a careful transition protects you from experiencing a “rebound” weight gain from suddenly increasing your calorie intake. It also gives your digestive system a chance to adapt to handling regular food again. If you have the option, stretch your transition over a period of 4-6 weeks so your body can gradually adapt to the changes. Keep in mind that meal replacement is a philosophy that can be incorporated into your life for ever. We recommend using Medifast Meals 1-3 times per day for weight maintenance. Be sure to talk to your Health Advisor about our BeSlim™ philosophy for lifelong weight control and tips for a successful transition.

**HOW CAN I ENSURE THAT I WON'T GAIN THE WEIGHT BACK?**

You will maintain your success by making long-term changes in your lifestyle such as healthy eating and consistent exercise. You may also need to explore your personal eating triggers so that you don't reach for food when you are experiencing stress, depression or other emotional needs. Work with your Health Advisor to create a long-term strategy for success.

**CAN I GO BACK ON THE PROGRAM IF I GAIN BACK SOME WEIGHT?**

Absolutely. If you gain back more than 5 to 10 pounds, we recommend that you immediately return to the program for a brief period. This will help your body adjust to staying at a lower weight and prevent you from regaining what you worked so hard to lose.

**CAN I USE MEDIFAST MEALS AS PART OF A FOOD PLAN?**

Yes, you can. In fact, many people use 1-3 Medifast Meals a day as part of their maintenance plan. This provides structure while allowing flexibility in your meal plan. You may also use Medifast Meals as a protein source in your meal, adding other foods such as fruits, vegetables, or a salad to maintain a healthy nutritional balance.

## BeSlim™ Philosophy and BeSlim™ Club

### WHAT IS THE BESLIM™ PHILOSOPHY?

Many of our most successful clients follow our BeSlim™ philosophy. The BeSlim™ philosophy is a part of the Take Shape for Life program that incorporates key behaviors mastered by those who lost significant amounts of weight and kept their weight off for years. These key behaviors include:

- **Breakfast** (eating Breakfast every day) – High quality fuel, such as our delicious Medifast oatmeal, cappuccino, or chai latte, is essential to start your day the right way.
- **Exercise** – Continued exercise increases metabolism, provides strength, flexibility, and mental clarity.
- **Support** – Your Health Advisor is here to help you reach and maintain your goals, providing the coaching, tools, education, and caring support you will need along the way.
- **Low-fat meals** 5-6 times a day – Eating frequently, controlling portion and total calories, especially those from fat, are critical for success.
- **Individual Plan** – Create an individual plan to help you achieve an optimal healthy lifestyle and build the skills and strategies you need to cope with modern life.
- **Monitor your weight** – Weigh yourself on a regular basis to maintain optimal weight. Catch it before it becomes a challenge!

### WHAT IS THE BESLIM™ CLUB?

The BeSlim™ Club is Take Shape for Life's autoship program, which offers clients and Health Advisors an easy way to obtain their Medifast Meals quickly and at a savings. Available to all, the BeSlim™ Club is a great way for individuals learning and practicing the BeSlim™ philosophy. When you join the BeSlim™ Club, Take Shape for Life will reward your commitment with a savings on your Medifast meal purchases.

- In months 1-3, you save 5% on your BeSlim™ Club order,
- In months 4-6, you save 8% on your BeSlim™ Club order, and
- In months 7 and on, you save 12% on your BeSlim™ Club order.

By simply setting up an account, your order will automatically ship to you each month.

### HOW DO I PLACE AN ORDER WHEN I JOIN THE BESLIM™ CLUB?

Your Health Advisor can help you set up your account, or you can call 1-866-200-6715 Monday through Friday, 11:00am to 10:00pm Eastern. Please have your client ID# ready when ordering.

### WHAT HAPPENS IF I CANCEL MY BESLIM™ CLUB ORDER?

Take Shape for Life allows you to miss one monthly BeSlim™ Club order shipment without losing your discount. Simply call the Client Contact Center at 1-866-200-6715 to place your order on hold to continue receiving your discounts.

**COST COMPARISON: GROCERIES V. MEDIFAST MEALS**

Groceries:

	<i>Female Age Ranges</i>		<i>Male Age Ranges</i>	
	18-50	51 +	20-50	51 +
1 week	\$54	\$49	\$59	\$55
2 weeks	\$107	\$99	\$119	\$110
1 month	\$214	\$198	\$237	\$221

Medifast Meals:

	<i>Medifast 55 for Women</i>	<i>Medifast 70 for Men</i>
	5 & 1 Plan	5 & 1 Plan
1 week	\$56.25	\$66.25
2 weeks	\$112.50	\$132.50
1 month	\$225	\$265

## Product Information

**DO MEDIFAST MEALS CONTAIN HARMFUL HERBS OR ADDITIVES?**

No. Medifast Meals do NOT contain any added stimulants, ephedrine, or other herbs that might be harmful to your body.

**WHAT IS THE DIFFERENCE BETWEEN MEDIFAST 55 AND MEDIFAST 70?**

They are very similar except for the protein content. Medifast 55 has 11 grams of protein per serving while Medifast 70 has 14 grams per serving.

**WHAT IS THE DIFFERENCE BETWEEN SHAKES AND OTHER MEDIFAST MEALS?**

All Medifast Meals, including shakes, may be used interchangeably, but bars should be limited to one per day because of their higher caloric and carbohydrate content.

### HOW MUCH DO I NEED TO BUY?

We usually recommend a 4-week supply to start and we have variety packages available for your convenience

(Inventory Calculator)

<i>Meals per Day:</i>	2	3	4	5	6
<i>Packets per week</i>	14	21	28	35	42
<i>Boxes per week</i>	2	3	4	5	6
<i>Packets per month</i>	52	84	112	140	168
<i>Boxes per month</i>	8	12	16	20	24

### WHAT IS A MEDIFAST SNACK?

You may add one Medifast snack a day in addition to your regular meals. We offer Fast Soups, Crackers and Soy Crisps. Following is a list of snacks you may also have on the program:

- 2 dill pickles spears
- 3 celery stalks
- 1 cup of Sugar-free Jell-O™
- 1 cup of bouillon
- or 1 Sugar-free Popsicle™

Make sure to limit your snack to one a day.

## Planning for Your Supplies

### WHEN DO I NEED TO ORDER?

We recommend placing a one-month order to start, and as you progress on your program, re-order about two weeks before your supply of Medifast Meals has run out, and be sure to allow at least 3 to 5 business days for shipping. Talk to your Health Advisor about signing up for the BeSlim™ Club – a convenient and easy way to receive your Medifast Meals at a savings!

### HOW MANY MEDIFAST MEALS DO I NEED?

If you are doing the 5 & 1 program, you will need five meals a day or 35 packets/5 boxes per week.

## Bars

### WHY CAN I ONLY HAVE ONE PER DAY?

Using more than one bar per day may affect your fat-burning state and decrease the speed of weight loss. The manufacturing of a solid product requires a different processing method for binding the carbohydrates with proteins, resulting in a slightly higher carbohydrate level than the powdered Medifast Meals.



## Medifast Plus Products

### *Appetite Suppression*

#### **WHAT IS SUPER CITRIMAX?**

It contains a natural appetite suppressant made from the vine of a South Asian fruit and works without stimulating the central nervous system so it does not cause problems with heart rate, blood pressure, or other symptoms such as insomnia or nervousness. Plus for Appetite Suppression meals each contain 300mg of Super Citrimax.

### *Medifast Plus for Diabetics*

#### **CAN I DO THE TAKE SHAPE FOR LIFE PROGRAM IF I'M DIABETIC?**

If you are a type 2 diabetic you can do the program, but you must consult with your doctor prior to and throughout the weight loss process to discuss medication monitoring, blood sugar monitoring, and calorie levels. Type 1 diabetics can use the products as good nutrition along with a healthy lifestyle. Take Shape for Life offers Medifast Plus for Diabetics shakes and bars to help weight lose and get a healthy lifestyle for people with diabetes.

#### **WHAT IS DIABETES?**

Diabetes is a severe, life-threatening condition in which the body loses its ability to turn sugar from food into useable energy. The muscle cells and other tissues in the body require specific levels of glucose and carbohydrates to maintain their function. The level of glucose absorbed into the bloodstream by the intestines, and the method by which glucose enters the body's cells, is regulated by a hormone called insulin, which is produced in the pancreas, a gland located behind the stomach. Diabetes which develops later in life, after 45 years of age and which used to be known as "Adult Onset Diabetes" or "Non-Insulin Dependent Diabetes Mellitus" (NIDDM) is known today as Type 2 Diabetes.

#### **WHAT CAUSES DIABETES?**

People with diabetes either produce too little insulin or their cells do not respond to its action, resulting in abnormally high levels of blood sugar. When sugars are above the normal range (between 80 – 140 mg/dl), the condition is called hyperglycemia.

- **Type 1** - A disease in which the body does not produce any insulin, most often occurring in children and young adults, requiring daily insulin injections to stay alive. Type 1 diabetes accounts for 5 to 10 percent of diabetes. The tendency to develop diabetes may be inherited.
- **Type 2** - A metabolic disorder resulting from the body's inability to make enough, or properly use, insulin. It is the most common form of the disease, accounting for 90 - 95 percent of diabetes. Type 2 diabetes is nearing epidemic proportions, due to an increased number of older Americans and obesity, and requires a strict weight reducing diet and exercise program.

#### **IS DIABETES CURABLE?**

No, but it is manageable. In people with type 2 diabetes, glucose (sugar) builds up in the blood. With treatment, your blood sugar levels may go down to normal again, but this does not mean you are cured. Instead, a blood sugar level in your target range shows that your treatment plan is working and that you are taking care of your diabetes.

### HOW IS DIABETES TREATED?

The aim of treatment is to keep blood glucose levels close to normal levels without causing low blood sugar (hypoglycemia). Such low blood sugar levels may result from a change in the content or timing of meals, from increased physical activity, or from over-treatment.

- **Type 1** - Daily injections of insulin, dietary control, and regular blood glucose testing, form the basis of an effective treatment program. Insulin mimics the body's own production of the natural hormone. Delivery by injection and careful storage in cooled conditions are required to retain purity.
- **Type 2** - Dietary control is often sufficient in treating this condition. Weight reduction in the overweight person, an exercise program, and regular blood glucose testing, combined with oral medications, may be required to lower sugar levels. In some cases, insulin may be required to lower blood sugar levels.

### WHAT IS DIFFERENT ABOUT MEDIFAST PLUS FOR DIABETICS?

It is specially formulated for diabetics and contains less than 6 grams of sugar and 9 total carbohydrates per serving. Medifast Plus for Diabetics has been certified by the Glycemic Research Institute to make the claim "LOW GLYCEMIC" and is authorized to use the Glycemic Research Institute's Seal of Approval.

### HOW DO I USE MEDIFAST PLUS FOR DIABETICS FOR WEIGHT LOSS?

Take Shape for Life recommends that you discuss blood sugar monitoring, oral diabetes agents, and changes to your insulin regimen with your physician or specialist before starting the program. We suggest a program that includes 5-6 supplements and 1 meal per day. Medifast Plus for Diabetics is recommended as a physician-supervised weight loss program for type 2 diabetics only.

### HOW SHOULD I USE IT FOR GENERAL NUTRITION OR WEIGHT MAINTENANCE?

Take Shape for Life recommends that you discuss blood sugar monitoring, oral diabetes agents, and changes to your insulin regimen with your physician or specialist before starting the program. We suggest a program that incorporates 1-4 Medifast Plus for Diabetics meals into your current meal plan.

### SHOULD I CONTINUE MY ORAL DIABETES MEDICATION?

You should consult with your physician regarding changes to your medications. In general, it is advised to check your blood sugar at least 2 – 3 times daily, especially at the beginning of the Medifast program. If your blood sugar levels fall below the range specified by your doctor, you should seek the advice of your physician. Medifast Meals provide a lower intake of calories and carbohydrates than your current diet.

### WHAT IF I'M ON INSULIN?

Prior to beginning the program, Take Shape for Life recommends that you consult with your physician about your current insulin dosage. Blood sugar testing should be performed several times each day. As your blood sugar level drops, continue consulting with your doctor about your insulin requirements.

## Joint Health

### WHAT IS ARTHRITIS?

Arthritis encompasses more than 100 diseases and conditions affecting joints, surrounding tissues, and connective tissues. According to the National Arthritis Foundation, arthritis affects nearly one of every six Americans, making it one of the most common diseases in the United States, and the prevalence is higher among women than men. Arthritis is the leading cause of disability, limiting daily activities for more than 7 million people.

### DOES BEING OVERWEIGHT AFFECT ARTHRITIS?

Being overweight is associated with increased risk of osteoarthritis, and weight loss reduces the risk of knee osteoarthritis. Physical activity helps maintain joint health and may also reduce the risk of other adverse outcomes unrelated to arthritis, such as premature death, heart disease, diabetes, high blood pressure, and colon cancer. Studies indicate that an exercise program can improve aerobic capacity and alleviate depression and anxiety among people with arthritis.

### WHAT IS MEDIFAST PLUS FOR JOINT HEALTH?

A Medifast Meal formulated to relieve the symptoms associated with arthritis and poor joint health.

### WHO SHOULD USE IT?

Individuals over age eighteen who suffer with painful joints due to arthritis and/or injury.

It is formulated with high quality glucosamine and chondroitin. Glucosamine is shown in studies to help regenerate the cushioning components of joints and other tissues, make joints more elastic, increase range of motion, and slow or reverse joint damage. Chondroitin is shown in studies to help draw moisture into cartilage to provide support and protection against further destruction of the joint.

### HOW MANY PLUS FOR JOINT HEALTH SHAKES SHOULD I HAVE?

Three. The therapeutic levels of glucosamine and chondroitin found to help relieve joint pain is 1500mg per day. Each shake contains 500mg of glucosamine. To reach therapeutic levels, you must have 3 shakes/1500mg each day.

## Women's Health

### WHAT IS MEDIFAST PLUS FOR WOMEN'S HEALTH?

A safe and effective Medifast Meal formulated to relieve and prevent the symptoms of menopause. You should have at least 1 Plus for Women's Health shake each day. (No therapeutic levels, more than 1 shake is not harmful.)

### WHO SHOULD USE IT?

Women age 35-60 who are experiencing the symptoms of menopause, including but not limited to: hot flashes, mood swings, night sweats, fatigue, vaginal dryness, loss of libido, headaches, anxiety, and insomnia.

### HOW DOES IT HELP CONTROL SYMPTOMS?

It is formulated with the natural herbs black cohosh, chaste tree berry, and echinacea purpurea. Research suggests that black cohosh (*cimicifuga racemosa*) provides hormonal support during menopause and may reduce hot flashes and mood swings; chaste tree berry (*vitex agnus castus*) may help balance hormone levels; and echinacea purpurea (purple cone flower) strengthens the immune system and may prevent recurrent vaginal and bladder infections. Finally, it is soy-based; clinical studies have noted the benefits of soy for years including its ability to decrease negative symptoms such as hot flashes, night sweats, fatigue, and irritability.

## Coronary Health

### WHAT IS CORONARY HEART DISEASE? WHAT CAUSES IT?

When the coronary arteries are narrowed or clogged by plaque deposits on the inside wall, reducing blood flow, oxygen, and nutrients to the heart and increasing the risk of a blood clot blocking the artery, resulting in a heart attack. High levels of cholesterol, a fat-like substance, in the blood can build up on the walls of the arteries. High blood cholesterol, high blood pressure, and smoking double your chance of developing heart disease. Obesity increases the possibility of developing high blood cholesterol and high blood pressure, and physical inactivity increases the risk of heart attack.

### WHAT ARE THE SYMPTOMS OF CORONARY HEART DISEASE?

Early signs include chest pain, shortness of breath, and sensations of burning, tightness, heaviness, pain, pressure, or squeezing in your chest or arms, neck, or jaw. Some people can have heart attacks without ever having any of these symptoms.

### WHAT ARE THE BENEFITS OF MEDIFAST PLUS FOR CORONARY HEALTH?

It is a safe and effective Medifast Meal specially formulated to protect against heart disease, containing Coenzyme Q10, which has been shown in studies to reduce plaque deposits in the arteries and reduce the incidences of plaque rupture, both of which are precursors to heart attacks. It also contains amino acids that have been shown in studies to prevent fatty build-up in the heart and liver, and Pycnogenol®, an antioxidant which acts as the body's first line of defense against heart disease.

- Not for people with history of heart disease on medication/blood thinners
- Coronary Health has 28 micrograms of Vitamin K, which helps clot the blood.

## Soy Protein

### TYPE OF SOY?

Supro® brand soy protein, a high-quality complete protein derived from soybeans produced by Dupont's Protein Technologies, a company that has been conducting research on the benefits of soy protein for over 30 years.

### BENEFITS OF SOY?

In addition to the general health benefits of a quality protein source, soy has been shown to be preventive against cardiovascular disease; the FDA has stated that "combined with a diet low in saturated fat, an intake of 25 grams of soy protein per day may reduce the risk of heart disease."

### DOES SOY LOWER CHOLESTEROL LEVELS?

Some studies have shown that soy protein enhances bile acid secretion, which lowers blood cholesterol levels.

### IS SOY GOOD FOR OSTEOPOROSIS?

Naturally occurring isoflavones (such as those in Supro® soy protein) increase the mineral content and mineral density of bones. Soy protein may also protect against the risk of fractures and osteoporosis because it promotes an optimal calcium balance.

### WHAT MEDIFAST MEALS DO NOT CONTAIN SOY?

The following Medifast Meals do not contain soy:

- Cappuccino
- Hot Cocoa
- Tropical Punch Fruit Drink
- Raspberry Iced Tea
- Cream of Chicken Soup
- Chai Latte
- Cranberry Mango Fruit Drink
- Peach Iced Tea
- Cream of Broccoli Soup
- Cream of Tomato Soup

## Sweeteners

### DO MEDIFAST PRODUCTS CONTAIN ARTIFICIAL SWEETENERS?

Most of our products contain Acesulfame Potassium, also known as "Ace K," which has been used in the industry since 1988. The U.S. Food and Drug Administration (FDA) and other leading health organizations have found the ingredient to be safe for all segments of population, and more than 90 studies have demonstrated its safety. For more information: [www.ific.org](http://www.ific.org)

### WHY DO THE BARS CONTAIN PARTIALLY HYDROGENATED VEGETABLE OILS?

The partially hydrogenated vegetable oils (cottonseed, soybean, palm kernel oil) are in the coating of the bars. The partial hydrogenation of oil is necessary to produce a stable coating and for preservation purposes. If you are concerned about partial hydrogenation of oils because of trans fatty acids, these are in amounts so small that the FDA does not require them to be declared.

## Mixing & Flavoring

### HOW DO I MIX THE PACKETS?

To mix the cold shakes, put 8 to 10 ounces of cold water in shaker jar or blender. Add contents of the Medifast packet and ice, if desired, then mix or blend until smooth. To mix the hot products, don't use boiling water as it cooks the protein too quickly and makes the product lumpy. Let mixture stand one minute to absorb liquid and improve flavor.

### CAN I MIX THEM WITH MILK OR FRUIT JUICE?

No, these will add extra calories and change the program balance. Also, fruit juices contain added carbohydrates so they will alter the critical protein ratio of the 5 & 1 plan.

### CAN I ADD ANYTHING TO THE MEDIFAST MEALS TO GIVE THEM MORE FLAVOR?

Yes, you can use sugar-free syrups, extracts, spices, herbs, and artificial sweeteners to flavor your Medifast Meals. We recommend sugar-free Davinci™, Torani™, or other sugar free syrups.

### CAN I MIX THE PACKETS AHEAD OF TIME?

Medifast Meals may be mixed and stored in a thermos or refrigerator for up to 12 hours. You might also consider using the Medifast Ready-to-Drink boxes, which offer a convenient way to take your Medifast Meals with you.

### CAN I MIX TWO PACKETS TOGETHER?

If necessary, you can mix two packets together (add extra water), but avoid doing this routinely.

## Expiration Dates

Medifast Meals have an expiration date of one year from the date of production. The expiration date can be found on the individual packages for each Medifast meal. This does not mean that the product will “go bad” or be harmful after the expiration date; it simply means that the vitamin and mineral pre-mix contained in the products may lose some of its potency, potentially rendering the product less effective. After 18 months, the product loses about 2% of its potency. For best results, your Medifast Meals should be used as soon as possible and stored in a cool, dry, clean environment.

## Vegetarians

*Vegetarians can replace the lean meat with one of the following:*

1 cup low-fat cheese  
2 eggs (not more than 3 times a week)  
1/2 - 1 cup egg substitute  
1/2 - block firm tofu  
4”x 2” block soft tofu  
1/2 - 1 cup low-fat cottage cheese  
Boca® burger  
Morningstar® burger

*Vegetarians should not consume these Medifast Meals because they contain meat products:*

Cream of Broccoli Soup  
Cream of Chicken Soup  
Savory Beef Fast Soup  
Delicate Chicken Fast Soup  
Chicken Noodle Soup  
Homestyle Chili  
Minestrone Soup  
Chicken & Wild Rice Soup

## Administrative and Support Services

### *Client Contact Center*

The Client Contact Center is available:

Monday through Friday 8:00am – 10:00pm EST

Saturday 8:00am – 6:00pm EST

Sunday 12:00pm – 6:00pm EST

Please call 1-800-572-4417

### *Health Advisor Services*

Health Advisor Services is available:

Monday through Friday 9:00am – 6:00pm EST

Please call: 1-877-270-5708

### *Nutrition Support*

Transfer clients to Nutrition Support if:

- Abnormal lab
- Change in blood sugar (increased or decreased)
- Decreased blood pressure
- Prolonged diarrhea
- Shortness of breath
- Any other symptoms or changes in medical status since beginning Medifast

Contact Information: Email: [nutritionsupport@medifastdiet.com](mailto:nutritionsupport@medifastdiet.com)

Phone: 1-800-509-1281

**After Hours:** Direct client to report her/his concerns to personal physician or to go to the emergency room if the complaint is acute.

### *Support Calls*

Each week, Take Shape for Life offers three fantastic support calls for clients and Health Advisors. These interesting and interactive calls are both educational and inspirational.

1. **Nurses Support Call** (1-646-519-5860 pin: 0971 #, Mondays at 8:30pm ET/5:30pm PT) – Hosted by one of the Take Shape for Life support nurses, this call is designed for clients and Health Advisors. It is an interactive forum that is fun, inspiring and informational.
2. **Stay in Shape! Maintenance Call** – (1-512-225-9427 pin: 77421#, Wednesdays at 8:00pm ET/5:00pm PT) A fun, interactive 30-minute call designed to share helpful hints and tips for everyone on the Maintenance Program.
3. **Doctors Support Call** (1-646-519-5860 pin: 0971#, Wednesdays at 8:30pm ET/5:30pm PT) – This call is hosted by one of the Take Shape for Life physicians and is designed to discuss current topics regarding health and wellness and answers callers' questions.



## *Role of a Health Advisor*

A Health Advisor is a support coach who forms one-on-one relationships with clients to help educate, mentor, coach, encourage, and support them on their program. A Health Advisor is a valued consultant who helps people restore their health and improve the quality of their lives.

## Miscellaneous Topics

### *Return Policy - 30 day money back guarantee*

Receive a full refund on unopened, unused products within 30 days of purchase. Shipping charges are non-refundable. Client is responsible for the cost of shipping returned items and package must be postmarked within 30 days of the purchase date to receive a refund. Client order number should be clearly marked on the outside of the returned package for proper processing. Please allow 4-6 weeks for the return to be processed.

Ship to:

*Take Shape for Life*

Attention: RETURNS

601 Sunrise Avenue

Ridgely, MD 21660

410-634-2400

### *International Orders*

Shipments are often delayed in Customs and may take several weeks to be delivered. All shipping fees, duties and taxes are the responsibility of the client.

### **DOES MY INSURANCE COVER MY MEDIFAST MEALS?**

Check with your individual insurance carrier. Some carriers cover weight loss programs in morbidly obese patients.

### **IS MEDIFAST TAX-DEDUCTIBLE?**

Medifast may qualify as a medical expense under the IRS's Weight Loss Program Tax Deduction rule when recommended by a physician or qualified medical practitioner for the treatment of an existing disease. Consult with your financial advisor or tax preparer.

- You can include the cost of a weight loss program undertaken at a physician's direction to treat an existing disease.
- You cannot include the cost of a weight loss program in medical expenses if the purpose of the weight control is to maintain your general good health.
- The costs of weight management programs include physician (or qualified medical practitioner) services, counseling, and products.
- The weight loss must be recommended for the treatment of an existing medical condition or disease such as heart disease, high cholesterol, obesity, or diabetes.
- Medical expenses in excess of 7.5% of adjusted gross income may be deducted.

For more information, refer to the American Obesity Association website:

[www.obesity.org/taxguide.htm](http://www.obesity.org/taxguide.htm)