



the serious solution

for weight loss

The OPTIFAST® Program works because it offers a different path - one that's clinically proven to get results:*

52 lb.
average
weight loss

15%
average
decrease in
cholesterol

29%
average
decrease in
blood glucose

10%
average
decrease in
blood pressure

By combining medical supervision and a great-tasting meal-replacement diet with counseling, accountability, education, support and lifestyle changes, OPTIFAST helps you achieve lasting change.

In fact, clinical research shows that five years after completing the OPTIFAST Program, the majority of participants keep enough weight off to improve their health long term.

OPTIFAST®

The serious solution for weight loss™

*Based on a study of more than 20,000 people who completed the OPTIFAST program. Individual results may vary. For many dieters, weight loss is only temporary. The OPTIFAST program advocates lifestyle change, nutritional education and exercise for long-term weight management.