

New Dimensions offers two weight management programs.

LCD

- » Designed for individuals with a BMI of 25 or greater
- » Two or more nutritional products, combined with one balanced meal, help participants' achieve gradual, steady weight loss
- » Provides 70% of the recommended daily intake for 24 vitamins and minerals in two nutritionally balanced meals (fatty acid profile complies with American Heart Association guidelines).
- » Offers a wide variety of products and flavors

VLCD

- » A medically supervised rapid weight loss program designed for individuals with a BMI over 27 with additional medical programs
- » 4 nutritionally complete, high protein, low carbohydrate servings daily provide the sole source of nutrition during the Reducing Phase
- » Provides 100% of the recommended daily intake for 24 vitamins and minerals in easily digested servings
- » Offers a wide variety of great tasting products

*BMI is your body mass index. This is a way of evaluating healthy body weight

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Phase Approach

Screening

Patients are screened to tailor a medically appropriate New Dimensions program, to fit their needs.

Reducing

(Active weight loss) Using the system's nutritional products, participants begin to learn and practice weight management skills without the influence of food.

4 nutritionally complete beverages daily.

Adapting

(Transition to grocery food) Practicing newly acquired eating and exercise habits, participants gradually return to grocery meals while still allowing them to stay in control of their eating.

2-3 nutritionally complete beverages daily.

Sustaining

(Maintenance) Continuing support using relapse prevention and individualized meal plans to help patients live a healthier lifestyle.

1-2 beverages daily as desired.