WHY MEAL REPLACEMENTS?

Meal replacements might be one of the most misunderstood components of weight loss, but there are many proven benefits to incorporating them into your program:

- Meal replacements are especially valuable when used at the start of a program to control calories, maintain muscle mass, produce feelings of fullness, and fulfill solid nutritional requirements while losing weight and weaning off unhealthy foods.
- They provide structure and make the plan simple to follow by helping to reduce the stress of “food choice overload.”
- They are most effective when used in conjunction with intensive one-on-one behavioral counseling, allowing you to learn the good habits necessary to make better food and lifestyle choices.
- Countless research studies have proven the effectiveness of meal replacement in weight loss and long-term weight maintenance.

Patients lose 11% body weight in 12 weeks

Source: American Journal of Medicine, June 2012; results include use of meal replacement

Ask your medical provider about availability.