

# MEDIBASE: THE PRODUCT

Medibase is a very low calorie diet (VLCD) and provides 420 calories per day in three servings. It comes in 4 flavors (Vanilla, Strawberry, Chocolate, and Chicken Soup) and provides 100% of US RDA (body's daily needs) for protein, essential fatty acids, vitamins and minerals. This product is very safe if medically supervised.

Research and clinical practice has demonstrated many medical benefits.

- Lowered Blood Pressure

- Lowered Blood Tryglycerides

- Lowered Blood Cholesterol

- Lowered Blood Glucose and control of Type 11 Diabetes

- Significant Weight Loss

Often patients no longer require medications to control above conditions.

You can expect to lose weight at a rate of 4-10 pounds the first week, about ½ of this being water.

After the first week females lose 2.5-4.5 lbs, males lose 3.5-5.5 lbs per week.

The rate of weight loss depends on the initial weight, individual genetic and metabolic factors, and adherence to program.

## **The total weight management consists of three phases:**

Phase I: Rapid weight loss phase.

During this time you are relying entirely on the Medibase to provide rapid success in terms of weight loss.

Phase II: Moderate weight loss/transition to a health promoting food choices.

During this phase you will make the transition from the Medibase Product to nutritional food choices, which will promote weight control and good health. Attention will be paid to nutritional skill building and lasting behavioral changes.

Phase III: Maintenance (Achievement of ideal body weight)

During the first 6 months of this phase you will be seen by the Doctor and weighed in every 6 weeks. Any lapse in weight control will necessitate restarting Medibase. You will then be expected to be seen every 3 months for the second year, then twice annually thereafter. Long-term follow-up is mandatory for lasting success in weight control.

As you can see, our approach is extensive and requires a significant commitment on our part and yours. Losing weight and keeping it off is a difficult task. You should feel quite positively about yourself for just taking on this challenge.

Remember, we are here for you, to support you, teach you and help you keep your commitment.

## Medibase Guidelines

1. Three servings of Medibase per day (or as specified by the Doctor.) One serving is two scoops of Medibase powder in 8 oz's of water. These servings are the minimum necessary to ensure proper nutrient intake during the rapid weight loss phase.
2. At least 3 quarts of fluid are to be consumed each day. (Medibase servings included in this.) Acceptable fluids include: Water, tonic water, coffee, diet soda, mineral water, tea, sanka, postum, any calorie free liquid is okay.
3. Alcoholic beverages are strictly prohibited.
4. Non-calorie flavoring agents can be used including calorie free sweeteners, saccharin, etc, and fresh lemon or lime juice.
5. Daily vitamin and mineral supplements are normally not necessary. (Unless directed by Doctor.)
6. Potassium chloride and other electrolyte supplements are not normally necessary (unless directed by Doctor.)
7. For headache or mild pain in joints and muscles the following are allowed on a limited basis.
  - a. Aspirin
  - b. Tylenol: up to 650 Mg. Every 4 hours
8. Make the transition from Medibase to food choices gradually and under the direction of the physician and dietician only. This is especially important to those using Medibase for 3 weeks or longer. For some, a sudden increase in fat intake can trigger problems with the gallbladder.
9. Inform the Doctor of any planned out of town trips.
10. Gallbladder Attacks: This is a rare condition. It usually occurs when a patient makes a sudden transition from the VLCD to high calorie high fat meals. While on the VLCD, the gallbladder becomes inactive. Bile, which is important in the digestion of dietary fat, is stored in the gallbladder. The gallbladder remains inactive and sludge can form in the bile. If the gallbladder is suddenly stimulated by a fatty meal after long dormant period, and acute gallbladder attack can occur. It is therefore very important to stay on the VLCD program and return to higher calorie and fat levels ONLY under direction of the Doctor. In this manner the gallbladder will be gradually stimulated and return to normal function.

Remember, that most side effects are short lived, and the vast majority of patients do extremely well on a VLCD. Most find that their health status improves quickly and dramatically.

## Medibase VLCD Side Effects

The use of VLCD, if carried out properly and with adequate medical supervision, is a safe and highly effective way to lose weight. Most patients experience no difficulty while using a VLCD. For a minority of patients some problems will arise early. Most of these problems are temporary and mild in nature.

If any of these conditions persist or become severe, bring this to the immediate attention of the Physician. If there is any doubt concerning your health while using Medibase, consult the Physician.

1. Temperature sensitivity: Feeling cold is common.
2. Changes in skin quality: The condition of dry skin is quite common.
3. Bad breathe: This results from the metabolic changes of VLCD. Use good oral hygiene, sugarless gum and breath fresheners to help this.
4. Fatigue, weakness, nausea and hunger: These conditions are very common during the first week or so of a VLCD. They usually disappear when the body adapts metabolically to a VLCD. If they continue to be a problem, let the physician know.
5. Constipation and/or diarrhea: Reduced number of bowel movements is to be expected, as is occasional diarrhea. If abdominal bloating and straining at stool are frequent, Metamucil may be used. One or two doses daily of Metamucil should be used on an ongoing basis. Abdominal pain should be reported to the Doctor.
6. Hair loss: This usually only occurs after prolonged use of VLCD, 6 months. This condition is reversible and normal hair growth returns when the caloric level is increased. Use sensible hair care (mild shampoo, conditioners). **Do not tease, dye, or perm hair.**
7. Brittle nails: This is a minor occurrence. The use of gelatin is not recommended. Normal nail growth will resume when caloric level is increased.
8. Potassium loss: K<sup>+</sup> is an important and necessary mineral. The daily amount in 3 servings of Medibase is sufficient to replace any losses from the body for most people. Occasionally, a patient will lose excess potassium and it becomes necessary to use a supplement. The Doctor will monitor you, and determine how much, if any, potassium supplement is required.
9. Muscle cramps: This condition occurs particularly at night but discuss with the Doctor calf stretching exercises (once or twice daily) are highly effective.
10. Low blood pressure: A feature of a VLCD is that it lowers blood pressure, and it is therefore helpful in treating hypertension. It may also promote transient low blood pressure. If light-headedness occurs with standing or if you feel faint, this may be a sign of low blood pressure, notify the Doctor. To minimize light headedness, change positions slowly (e.g. get out of beds or chairs slowly) and avoid hot baths, steam baths, hot tubs, whirlpools, saunas, swimming alone and vigorous activities while using VLCD.