

Lipotrim - NOTES FOR PATIENTS

A further explanation of the following issues is provided in the DVD which is an important part of your programme.

The Lipotrim Pharmacy Programme uses a nutrient complete Total Food Replacement formula which is designed to safely maximise the Calorie Gap (the difference between the Calories you use and the Calories you eat). It provides appropriate amounts of all the essential nutrients your body needs each day in a minimum safe number of calories. The average person uses up about 2000 Calories energy each day so the difference between energy used up and energy eaten means that the *body's reserve stores of sugar and fat are drawn on to meet the body's needs*. In this way body weight is lost. *You are not actually living on reduced calories, you are only changing the place the calories come from.*

The body, when not dieting, uses mostly sugar for energy rather than fat. The sugar content of the diet is kept deliberately low so that the body's own sugar stores get used up quickly. *Fat* then becomes the major source of energy.

Ketosis

When fat is burned rapidly, the body produces substances from the fat called 'ketones' and the person is said to be in 'ketosis'. The mild ketosis produced by the Lipotrim formula has a number of advantages for dieters: hunger is reduced and a feeling of well-being is often experienced. Ketones can be detected in the urine of dieters and provides encouragement that body fat is being burned. Ketones can sometimes be detected on the breath. This is only temporary and can be reduced by adequate water intake and mouth rinsing with a mouthwash (ie Corsodyl, Listerine). You cannot use sugar free chewing gums, sprays, mints etc. Because the low carbohydrate level of the diet is critical to maintain ketosis, it is very important not to eat or drink *anything* else (apart from approved drinks), or add anything to your daily servings of Lipotrim formula - even a nibble of apple, raw vegetables, milk in tea or coffee or merely a diet beverage may make you feel very hungry and you may find it very difficult to carry on.

Beverages

In addition to the water used to mix your diet, you must drink *at least four pints* (about 2 litres) of water each day, but no more than 8 pints (about 4 litres). See your carrier bag for information on how to make up the Lipotrim formula and for the list of permitted drinks. The foods we normally eat are made up of large amounts of *water*. You will not be getting an adequate amount of water unless you purposely drink it. It is advisable to drink a glass of water before and after each Lipotrim serving. Drinking should be frequent throughout the day, little and often, *not all at once*. Do not change your usual consumption of caffeine beverages. If you need a sweetener use tablets, not spoonable powders which contain sugar in some form or other to make them spoonable. *It is very important for your comfort to drink plenty of fluid.*

Temporary Discomforts

Possible temporary discomfort may be experienced during the first few days on the diet and drinking plenty of fluid is very helpful. Headaches may occur due to insufficient fluid intake, change in caffeine intake or carbohydrate withdrawal. An increase in fluid intake may help or, if necessary, you may take your usual painkiller, such as aspirin or paracetamol.

Bowel movements will be less frequent on the diet than on ordinary food and this is quite natural. Water is the most important factor in preventing constipation. If you do suffer, you can get rapid relief from using a glycerine suppository. Laxatives, such as unflavoured fybogel or senokot can be used, but are not generally needed if water intake is adequate. Fibreclear is helpful in preventing constipation and will help keep the stool soft, but is not a laxative. It is an excellent soluble fibre source and probiotic. *If you are unsure of what to do, ask your pharmacist.*

A small percentage of dieting patients may experience some degree of hair thinning, on or about 3 months after starting weight loss.

Telogen effluvium has been reported for standard dieting regimes upon successful weight loss, for fever or psychological stress, pregnancy etc and is not specific for VLCD. It is probably related to metabolic rate changes and/or adaptation of thyroid function. Telogen effluvium occurs when the growth cells in the hair follicles enter a resting phase (telogen), for about 3 months, after a stress event. When growth restarts, there can be a shedding of some of the existing hair. Shedding is an indication that regrowth has begun. The effect is transient (the event happened 3 months ago) and no treatment is required or effective. Hair will regrow as normal during the subsequent weeks.

Other Medicines or Supplements

All medications prescribed by your doctor should be continued unless advised to the contrary by your doctor; however, do not take weight loss drugs, such as Xenical (Orlistat) or Alli whilst using Lipotrim. There is no need for any additional supplements, vitamins or oil capsules while taking the Lipotrim formula. Some medical conditions require your GP to cooperate with the pharmacist during your diet. You may be asked to attend at your GP surgery for additional monitoring.

Unused Diet

While you are on the Total Food Replacement programme, there is no other source of nutrients for your body. Some nutrients are essential daily. You must have *all* of your required servings *every day*.

If, for any reason, you have a few additional Lipotrim servings left after you stop your diet, you may use them as occasional meal replacements. *Never* use the Lipotrim products as a Total Food Replacement without first informing the pharmacist of your intention to do so. It may affect your medical condition.

Obesity contributes significantly to your health problems. Many medical problems will be prevented or dramatically improved when you get your weight under control. Weight loss is the easy part. The Lipotrim programme is designed to deal with the 3 important phases of weight management: 1) weight loss, 2) transition and refeeding, and 3) long term weight maintenance. You will be instructed about each phase of the

programme. Some of this instruction is on video tape and it is important that you have an opportunity to view the tape.

Unfortunately some initially well-meaning efforts at providing on-line support groups have become sources of misleading, wrong or even dangerous information. Please depend upon your pharmacist for information or call the Lipotrim freephone helpline 0800-413735 during business hours.

The Lipotrim diet programme begins with an initial period of Total Food Replacement, consisting of liquid or mousse servings from a choice of: chocolate, vanilla, strawberry or chicken soup flavours. There is also the option of replacing one of the liquid servings with flapjack(s) - flavours are coconut and peanut butter (both flavours contain peanuts). Full directions for the men's or women's programme will be given in the pharmacy. While there are a choice of flavours of both drinks and flapjacks, it is important to remember that these food replacements are intentionally designed to be palatable but not more-ish. The last thing needed during weight loss is excessive consumption of the diet food itself. Although they are foods, you are wise to consider your Lipotrim servings as 'medicine' to keep your body provided with the essential nutrients while you are losing your excess weight.

After the weight loss, there are specially designed maintenance products which can really assist in maintaining lost weight or can even be used for weight loss. Details on the Lipotrim web site www.lipotrim.co.uk or call the helpline.

IMPORTANT: *If you do not follow the programme strictly and attend the pharmacy for scheduled weekly visits, you will be asked to withdraw. Without serious involvement you are unlikely to succeed.*