

EXACT SCIENCE. UNCOMPROMISING STANDARDS.



Meal Replacements & Weight Loss

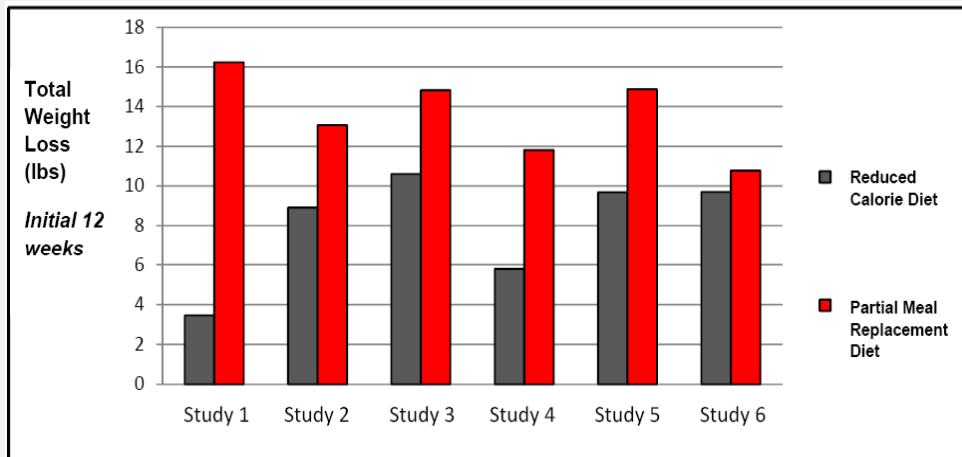


Figure 1: In all six studies groups using meal replacements (PMR) as part of their overall calorie intake lost significantly more weight than subjects using reduced calorie diets (RCD) alone. Heymsfield SB (2003)

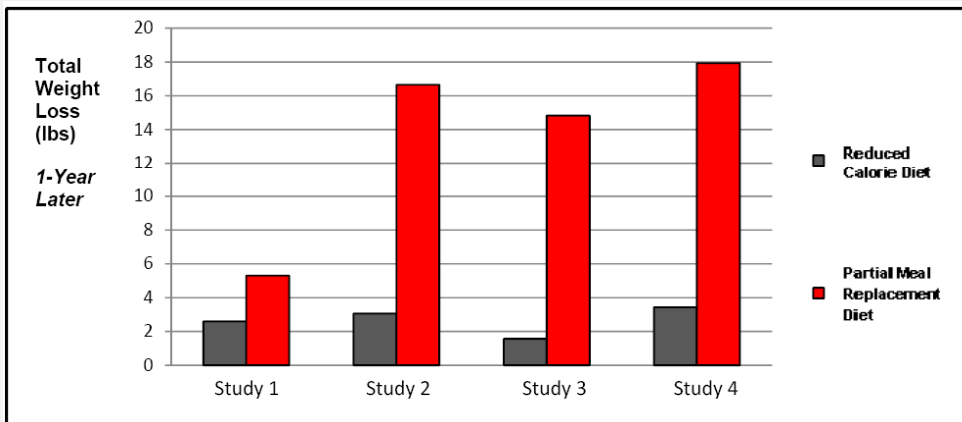


Figure 2: In a 1-year follow-up in the groups that were tracked, the subjects still using meal replacements maintained significantly more weight loss than the RCD group. Heymsfield SB (2003)