



## Getting Started

Your program features a convenient kit with a patient guide and a 30-day supply of targeted nutritional products:

### Formulas Designed to Support a Healthy Weight Loss Program\*

- **Healthy Transformation Protein Shake**  
High Protein Shake Mix
- **Healthy Transformation Vegetable Soup**  
High Protein Soup Mix

### Advanced Nutritional Support for Overall Wellness\*

- **ProteinFusion®**  
High Protein, Low Glycemic Bar
- **Healthy Transformation Advanced Nutrition**  
Twice Daily Support Packets
- **UltraFlora™ Balance**  
Daily Probiotic
- **Herbulk®**  
Dietary Fiber

Get your kit today!

## The Healthy Transformation Difference

Unlike many other programs, the Healthy Transformation Weight Loss Program from Metagenics provides a clinically designed food plan and targeted support for both weight loss and overall health—to help you look and feel your best.\*

	Healthy Transformation Weight Loss Program	Other Diet Programs
Physician supervised and recommended	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Scientifically formulated nutritional program and food plan	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Modeled after a clinical study	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Comprehensive patient support, including a daily menu guide, recipes, and online tools	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Ask about the **Healthy Transformation Weight Loss Program** today! For more information, visit [metagenics.com/healthytransformation](http://metagenics.com/healthytransformation)



These certifications for Good Manufacturing Practices demonstrate the Metagenics commitment to purity and quality.

# FirstLine Therapy® Healthy Transformation Weight Loss Program

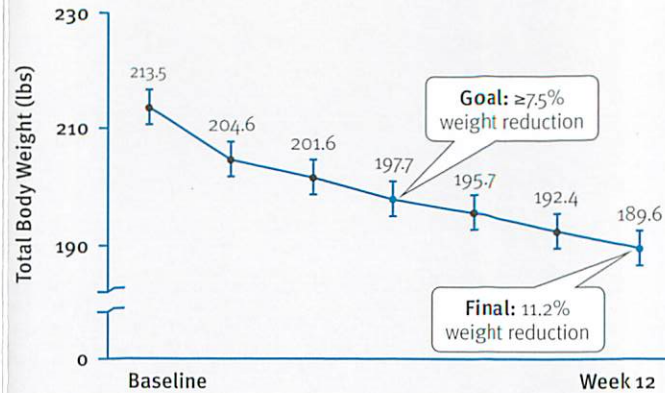
## Start Today to Lose Weight & Feel Great



# 11% Weight Loss in 12 Weeks

Of the 100 participants who completed the study, 92 achieved the goal of  $\geq 7.5\%$  weight reduction.

The average group reduction was 11.2%.



## The Healthy Transformation Weight Loss Program

Designed to be the last weight loss program you'll ever need.

The Healthy Transformation Weight Loss Program was designed to stimulate your metabolism to burn unhealthy fat while giving your body important nutrition for overall health—helping you to look and feel better.

### This clinically designed program includes:

- Targeted support for weight loss with high protein shakes and soup mixes\*
- Advanced nutritional support for health with daily supplement packets, probiotic, fiber mix, and low glycemic protein bar\*
- Program guide with easy-to-follow instructions, menu plans, and recipes
- High protein, phytonutrient-dense food plan with a wide range of choices
- Simple exercise plan
- Online support, including FAQs and helpful lifestyle tips
- Practitioner support and counseling sessions

### Clinically designed for greater success

This program is modeled after a recent clinical study that helped patients who really needed to lose weight for more than just looking good. And it's enhanced by the addition of advanced nutritional support from Metagenics to promote overall health and well-being while you lose weight.\*

This unique food plan helps control carbohydrates that may impede weight loss, but still provides you with a huge selection of health-promoting vegetables that are rich in phytonutrients—important compounds that are important for health in addition to essential vitamins and minerals. And the healthy protein options help you maintain muscle as you lose fat for a healthier body composition (muscle-to-fat ratio).

### Are you feeling the effects of unhealthy fat?

Excess body fat doesn't just change the way your clothes fit. It can affect your energy levels, self-confidence, and, more importantly, your long-term health and well-being. Losing weight—and keeping it off—is important for staying healthy. Take action now to shed unwanted fat to look and feel the way you want.

### Not all weight loss programs are “healthy”

Few weight loss programs consider your body composition or your long-term nutritional needs. And even fewer result in sustained weight loss. Unfortunately, some of the most popular programs may lead to a vicious cycle of “roller-coaster” dieting that over time can leave you with more than just a bigger waistline.

### A better plan for weight loss

The Healthy Transformation Weight Loss Program is designed to enhance your metabolism to burn fat for energy while maintaining healthy muscle—and giving your body the nutrition it needs to stay healthy.\* It includes a simple eating plan, basic exercise, and science-based nutritional recommendations. So don't just transform your body...make a healthy transformation for a better life.

➔ Talk to your healthcare provider today about the **Healthy Transformation Weight Loss Program.**

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.