

Dear Doctor,

Celebrity Slim Meal Replacement Weight Loss Program

I am writing to you to introduce Celebrity Slim, a meal replacement weight management program that has adopted as our premium weight loss product range. I would like to explain the suitability of the program for any one who may need to lose weight for medical or health reasons, and to also identify people where the program may not be suitable, or require your medical supervision.

The Celebrity Slim program has been developed by a Clinical Nutritionist, Biochemists and Chemists. It is a low calorie, moderate carbohydrate and moderate fat diet that elicits a mild ketogenic response. When a person adheres to the basic program guidelines, their daily macro food intake will be approximately:

- Energy: 1100 – 1200 Calories (4620 – 5040kJ)
- Protein: 80 – 90 grams
- Carbohydrates: 90 – 100 grams
- Fat: 30 – 40 grams

The program guidelines recommend replacing 2 main meals each day with a Celebrity Slim Meal Replacement Shake, Bar or Soup; eating one balanced meal consisting of lean meat, chicken or fish accompanied by a generous serving of non starchy vegetables. We also recommend 2 – 3 healthy snacks between meals that may include a variety of fresh fruits, vegetables, and moderate servings of dairy foods and nuts.

The meal replacement products include Shakes (mixed in cold water), Soups (mixed with hot water), bars and a variety of snacks.

The nutritional breakdown of a Celebrity Slim Meal Replacement Shake is:

	Per Serve 55g	Per 100g	Comments
Carbohydrates	27.4g	49.8g	Carbohydrates consist of chiefly of fructose, a low Glycemic Index sweetener (GI approx. 19) and lactose (GI approx. 46) which naturally occurs in skim milk powder.
Protein	18.4g	33.5g	The protein source is from skim milk powder, calcium casein, whey protein and soy protein.
Fat	1.3g	2.4g	The fat source is from naturally occurring fats in the dairy ingredients and vegetable oil.

The shakes also contain green tea extract, soluble fibre, dairy calcium, corn derived starch and uses natural and nature identical flavours and colours. The soups and bars have similar nutritional profiles. Each serving contains approximately 25% of the RDI of vitamins and minerals, and meets all requirements of the FSANZ Food Standards Code.

The program has been trialed extensively over the past 24 months and consistently produces excellent weight loss results. Females on average will lose 4 – 6 kgs per month while males can lose 6 – 8 kgs per month. These results do not rely on exercise however we do encourage clients to adopt an appropriate exercise program based on their suitability.

If a client is taking prescription medication we generally ask them to obtain a clearance from their doctor before starting the program. Below are a list of common conditions and the suggested suitability of Celebrity Slim:

Generally OK Under Medical Supervision	Generally Not Suitable
<ul style="list-style-type: none"> <li>• High Blood Pressure</li> <li>• High Cholesterol</li> <li>• Cardiovascular Disease</li> <li>• Constipation</li> <li>• Diabetes Type 2</li> <li>• Arthritis</li> <li>• Irritable Bowel Syndrome</li> </ul>	<ul style="list-style-type: none"> <li>• Pregnancy</li> <li>• Breast Feeding</li> <li>• Children (under 16)</li> <li>• Kidney disorders</li> <li>• Intestinal Ulcers</li> <li>• Diabetes Type 1</li> <li>• Anticoagulants (eg. Warfarin)</li> <li>• Celiacs Disease</li> <li>• Lactose Intolerance</li> </ul>

We find Celebrity Slim excellent for clients' who have difficulty losing weight using more traditional diet approaches as the program is quite structured and easy to follow. It is also designed to teach better eating habits and educate the user on better food choices so that they can more easily maintain their weight once they attain their goal weight.

If you would like to know more about our weight loss recommendations, feel free to contact me or Celebrity Slim on the below contacts:

Australia - [www.celebrityslim.com.au](http://www.celebrityslim.com.au) or contact the information line: 1800 620 898.  
 UK - [www.celebrityslim.co.uk](http://www.celebrityslim.co.uk) or contact the information line: 0844 8001900.

Yours faithfully,

Pharmacist