



Win with OPTIFAST®!

Since starting the OPTIFAST® Program

Val lost
100 lbs*

Nestlé US Employee

*OPTIFAST® patients who actively participate in a 26-week program typically lose approximately 50 lbs. OPTIFAST® patients typically maintain a 31-lb. weight loss after 1 year, 20 lbs. after 2 years, and 16 lbs. after 3 years from starting the program.

My doctor was going to put me on diabetic and blood pressure medicine. Thanks to weight loss with the OPTIFAST® program, I no longer needed it!†

† Maintaining a healthy weight is associated with reduced risk of diabetes and heart disease. These benefits are not limited or attributed to weight loss with the OPTIFAST® Program specifically. No case is typical.



Nutritionally complete OPTIFAST® products contain **100%** of the daily value of at least 24 vitamins and minerals for 5 meals.

OPTIFAST®

Real Patients. Real Results.





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Jeff lost
95 lbs*

2016 NEW YOU Contest winner

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As a result of losing weight with the OPTIFAST® program, I experienced improvements in my blood pressure and cholesterol levels!†

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Monica lost
53 lbs*

2017 NEW YOU Contest winner

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The OPTIFAST® program was more than just a weight loss journey for me.

It was a transformation into the person that I always was. They just helped me find that girl again.



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Lisa lost

42 lbs*

Lisa is married to a 2016 OPTIFAST® NEW YOU contest winner

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The OPTIFAST® Program helped me reset the way I think about food. I now make healthier food choices.

I am a lighter version of myself and ready to take on more challenges!



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Ken lost

110 lbs*

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My biggest motivation to start the OPTIFAST® program was my grandchildren. It broke my heart when they would ask me to play with them on the floor and I was physically unable to. I spend a lot of time on the floor now!



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Maxine lost

88 lbs*

2017 NEW YOU Contest winner

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To go from isolation and misery, to knowing that there is an entire medical support team there to help me – I don't have to do this alone anymore!



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