



WEIGHT LOSS

Medislím
NATURAL **ADVANCE**

WEIGHT CONTROL



Medislím
NATURAL **ADVANCE**

**WEIGHT
LOSS**

**WEIGHT
CONTROL**

Helping you
look good, feel great

You are not alone.

With a busy lifestyle, it can be difficult to maintain a healthy weight. Approximately 49% of Australian women and 60% of men are overweight, and changing your lifestyle to lose excess weight can be difficult.

Why do people become overweight?

There is no single cause as to why people become overweight. The reasons are complex and include inherited characteristics (genetic factors), aspects of lifestyle (eating

How can I obtain more information?

You can access further information from our website www.medislímnatural.info

Our Customer Service Department is also available to help you with any questions you may have.

Free call (within Australia): 1800 620 898

Fax: (07) 3271 1315

Email: info@medislímnatural.info

Mail: Medislím Natural ADVANCE
Biotech Pharmaceuticals
PO Box 156,
Carole Park, Qld 4300

References:

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2. Miller J B et al, "The G.I. Factor: The Glucose Revolution." Revised 2nd Edition, 2002
3. The National Heart Foundation of Australia, *The Healthy Weight Guide*
4. Pizzomo, J.E. et al., *Textbook of Natural Medicine* 2nd Edition, 2000, Churchill Livingstone
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6. Galbraith P, "The Double Fat-Burning Exercise Program" (2000) National Library of Australia.
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Information leaflet.

more food than our body needs, increased consumption of foods high in fat or with a high Glycaemic Index, excess alcohol, doing less physical activities) and physiological factors (hormonal changes or abnormalities).

What is my ideal weight?

Your ideal weight depends on your age, height, build and fitness level. The most widely used way to calculate a healthy weight is to understand your Body Mass Index (BMI). Divide your weight (in kilograms) by your height in metres, squared. The BMI for 'Acceptable' weight is between 20 and 25, 'Underweight' is < 20, 'Overweight' is between 25 and 30, whilst >30 is considered 'Obese'.

Using the 'Acceptable' weight range, the Commonwealth Department of Health and Family Services has an easy to use table for weight/height assessment. How do you size up?



You can

Get it OFF
~~Keep it OFF~~



**Acceptable weights-for-height.
Suitable for use with both men and women from the age of 18 years.**

Height (cm) (without shoes)	Body weight (kg) (In light clothing without shoes)
140	39 – 49
142	40 – 50
144	41 – 52
146	43 – 53
148	44 – 55
150	45 – 56
152	46 – 58
154	47 – 59
156	49 – 61
158	50 – 62
160	51 – 64
162	52 – 66
164	54 – 67
166	55 – 69
168	56 – 71
170	58 – 72
172	59 – 74
174	61 – 76
176	62 – 77
178	63 – 79
180	65 – 81
182	66 – 83
184	68 – 85
186	69 – 86
188	71 – 88
190	72 – 90
192	74 – 92
194	75 – 94
196	77 – 96
198	78 – 98
200	80 – 100

What are the consequences of being overweight?

When you are overweight, chances are you do not look or feel as good as you want to. Overweight and obese people have an increased risk of poor health and even early death due to the increased risks of developing preventable diseases such as high blood pressure, heart disease, joint disorders, high cholesterol and non-insulin dependent diabetes (Type 2). These risks can be reduced with better weight management.

How can I lose my excess weight?

To achieve a healthy weight, firstly identify your acceptable weight target – within a BMI range of 20 to 25, then develop and use eating and exercise strategies that will allow you to achieve your target weight goal.

If your BMI is more than 30 you should consult your doctor or pharmacist.

Established weight loss strategies include:

Smart eating habits (use the Glycaemic Index to select carbohydrates): The Glycaemic Index (GI) is an international system of rating carbohydrates (from 0 to 100), according to how quickly they are absorbed into the blood and then converted to glucose (which then provides energy and regulates appetite). Low GI foods can help with weight loss and weight control, as the slow absorption of glucose may help sustain a feeling of "fullness" and also may help promote fat

burning and reduce fat storage. High GI foods have the potential to promote weight gain. Also, avoid taking alcohol and sugar, as they represent "empty" calories.

See the website at www.medislamnatural.info for further detailed information on the G.I.

Regular light exercise.

Making the time for regular light aerobic exercise helps increase large muscle activity, converts fats to muscle, reduces sugar cravings and assists a positive mental state and energy for weight loss.

Drink plenty of water

Water helps to break down fat in our body. We should drink about eight 250ml glasses of water per day.

Vitamins and Minerals

The role of vitamins and minerals in weight loss and control programs is well established. Diets with low total calories risk cutting out required essential daily nutrients. This can make your weight loss program even more difficult as many vitamins (e.g. the B group), have a positive impact on appetite suppression and energy production.

A helping hand – Medislam Natural ADVANCE

The **unique and balanced formulations** allows **Medislam Natural ADVANCE** to be your personal 'helping hand' to lose weight and maintain at a healthy level.

Why is Medislam Natural ADVANCE superior?

You will find a number of weight management pills on the shelf with 'miracle' claims. Many of these products have limitations. Some contain certain weight loss ingredients but lack nutritional vitamins and minerals. Others contain some nutritional contents, but have insufficient or limited weight loss elements.

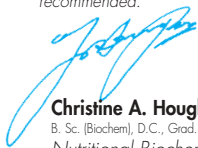
Medislam Natural ADVANCE Weight Loss and Weight Control are **balanced formulations** – containing **active weight management ingredients** and **required daily vitamins and minerals**.

Natura and Effective: Medislam Natural ADVANCE contains a unique combination of tested, proven and naturally occurring weight management active ingredients, and have no drugs, starch or gluten.

Nutritional balance: Medislam Natural ADVANCE contains vitamins that your body needs daily, to maintain your nutritional and energy levels. Medislam Natural ADVANCE also contains required minerals like magnesium, manganese, iron, iodine etc, which are essential for the body's on-going metabolism to function properly. These formulations have approved by a leading Nutritional Biochemist.

"I have examined the formulations and accompanying data pertinent to Medislam Natural ADVANCE Weight Control and Weight Loss Tablets.

In my opinion, these two formulations offer appropriate nutritional support for adults undergoing a kilojoule and fat-controlled weight control/loss plan when they are used as recommended."




Christine A. Houghton,
B. Sc. (Biochem), D.C., Grad. Dip. Hum. Nutr., Dip. Med. Herb.
Nutritional Biochemist

Medislam Natural ADVANCE offers a sensible approach – use Weight Loss initially to reduce your weight to an acceptable level, and then Weight Control to assist in maintaining your target weight (as required).

Which one is for me – Medislam Natural ADVANCE Weight Loss or Weight Control?

ADVANCE Weight Loss is for you if you are carrying more weight than your acceptable weight range (BMI greater than 25).

ADVANCE Weight Control is for you if you have achieved a healthy weight level and want assistance to maintain it (BMI between 20 – 25).

How does Medislam Natural ADVANCE Weight Loss work?

- ✓ Suppresses appetite and sugar cravings
- ✓ Burns excess fat
- ✓ Reduces dietary carbohydrate conversion into fat
- ✓ Inhibits fat production and absorption into the body
- ✓ Increases energy expenditure and metabolic rate
- ✓ Provides required daily vitamins and minerals

Contains no drugs, starch or gluten

How does Medislam Natural ADVANCE Weight Control work?

- ✓ Suppresses appetite and sugar cravings
- ✓ Reduces dietary carbohydrate conversion into fat
- ✓ Provides required daily vitamins and minerals

Contains no drugs, caffeine, starch or gluten

Always read the label. Use only as directed.

INGREDIENT	FUNCTIONS					
	Suppresses appetite/ Sugar cravings	Reduces the conversion of dietary carbohydrate into fat	Burns excess fat	Inhibits fat production/ absorption	Increase energy production and metabolism	Provide daily vitamins/ mineral supplements
Guarana	✓	✓			✓	Increase mental alertness and aids exercise tolerance
Brindleberry	✓	✓				Helps reduce increased lipid levels
Chitosan				✓		Reduces LDL cholesterol
Cayenne	✓		✓		✓	Increases metabolism of dietary fats
Green tea			✓		✓	An anti-oxidant, lowers cholesterol and triglyceride levels
Gymnema	✓					Reduces sensation to sweeteners, triggers insulin production
Psyllium husk	✓					Lowers serum cholesterol level
Pectin	✓					Increases and prolongs the feeling of fullness after eating.
Carnitine			✓		✓	Lowers cholesterol and triglyceride levels
Chromium				✓	✓	Improves glucose utilization, increases lean body mass and reduces fat mass, increases energy, enhances mood
B Group Vitamins, including Folic Acid, Vitamin C and Minerals					✓	B Group Vitamins: Improves digestion and appetite. Vitamin C: An anti-oxidant, is one of the most important daily supplements. Minerals: Positive role in carbohydrate, fat and protein metabolism.

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