

Naturally Better...

Congratulations!

You are about to join the thousands of people who have successfully lost weight using Exante Diet Meal Replacements, please take time to read this instruction booklet. Then enjoy following Exante's Total Solution or Working Solution for simple, safe and super effective weight loss!

For further information and resources visit our website www.exantediet.com or email customercare@exantediet.com

Good luck from the Exante Diet Team!



Tool Box

Things you'll need to get started

- Bathroom scales
- Measuring tape
- Kitchen scales
- Electric hand whisk, blender or shaker



Before you start

It is advised that before embarking on any weight loss programme you should consult your GP. To follow our Total or Working Solution you must have a Body Mass Index (BMI) over 25. You can calculate this on our website or Diet Tracker iPhone app.

You should not follow any Exante Diet Solution if you:

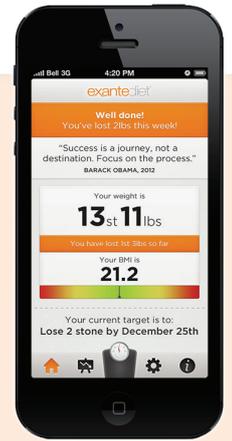
- Are under age 18 or over 71 years
- Are underweight,
- Are pregnant or breastfeeding
- Have active cancer or have had any treatment for cancer in the last 3 months
- Have any medical condition which affects your dietary requirements (including behavioural disorders or eating disorders such as anorexia or bulimia)

If you have any of the medical contraindications listed to the right, you are not eligible for our Total or Working Solution. You may however be able to follow our Simple Solution, a 1200kcal per day calorie controlled diet.

Please contact us at customercare@exantediet.com or see our website for details.

Before you begin, please make a note of your starting weight, measurements and Body Mass Index (this can be calculated on our website).

You can continue on a separate piece of paper for additional weeks if necessary, or download our Diet Tracker app for iPhone at www.exantediet.com/diet-tracker



Personal Results Chart

Date				
Week				
Weight (kg)				
Weight (stones)				
Weight loss				
Total Wgt loss				
BMI				

Measurements

Date				
Week				
Chest				
Waist				
Hips				
Clothing size				

- A BMI of under 25
- A severe psychiatric disorder including bipolar disorder, psychosis and schizophrenia. Or are taking MAOI or Lithium drugs
- Depression of more than a minor degree
- Porphyria (active or latent)
- Gout
- Given birth (or have had a miscarriage at greater than 20 weeks gestation) in the last 3 months
- Type 1 diabetes or Type 2 diabetes requiring medication e.g. Insulin, Metformin, Sulphonylureas etc.
- An Irregular heart rate e.g. Arrhythmia, Bradycardia, Tachycardia, SVT or taking any medication to treat or regulate heart rate
- Any heart condition including heart disease, heart failure, valve disease or arrhythmia and anyone who has had a heart attack or cardiac arrest
- Epilepsy, seizure and convulsions (other than febrile convulsions), or taking anti convulsive drugs
- Angina
- Has had a stroke or is taking ante-coagulants, anti-thrombotics or fibrolytics for any reason
- Severe kidney or liver disease
- Are about to undergo surgery
- Had any serious illness, injury, trauma or surgery in the last 3 months
- Hypertension (medicated)
- Those at risk of hypoglycaemia
- Taking ANY prescribed medication

Total Solution

The Total Solution is a Very Low Calorie Diet (VLCD) and can only be followed by those with a BMI of over 25 and with no medical contraindications (as listed above). If you want simple, safe and effective weight loss and you are determined and motivated, then this is the Solution for you. All conventional food is replaced with Exante Diet meal replacements, giving you a total daily intake of just over 600kcal.

Each day you will replace all conventional food with 3 meal replacements. You can choose to have a mixture of soups, shakes, bars, porridge or pasta carbonara. Or some people prefer to stick to just one thing, the choice is yours. If you are having bars then we recommend no more than 1 of these per day (due to their slightly higher calorie and fibre content).

Unlike other meal replacement programmes on the market where you need to have 4 per day to obtain 100% of your RDA's, Exante Diet products contain more volume per pack, giving you a thicker, creamier and more substantial meal. Therefore with Exante, 3 of our meal replacement products give you 100% of

your RDA's plus the right amounts of protein, fats and carbohydrate for safe, effective weight loss.

We recommend that you drink between 2-4 litres of fluids per day to keep you well hydrated and comfortable. Large amounts of water consumed in one go can be dangerous so small amounts spread throughout the day is recommended. Water can be still or sparkling, and for those of you who don't like plain water why don't you try adding an Exante water flavouring – see website for details. You can also drink black coffee (decaffeinated or regular) and any tea which comes from the leaf. Other drinks are discouraged as they may contain carbohydrate or citric acid which can affect the fat burning process, ketosis. More details on ketosis can be found on our website.

The National Institute for Health and Clinical Excellence (NICE) recommends that VLCD's should not be followed for long periods of time without a break. With this in mind we advise that every 3 weeks you follow a Low Calorie Diet (LCD) for a week before returning to a VLCD. This is known as **Low Calorie Week**.



Low Calorie Week

During Low Calorie Week you should continue to consume 3 Exante meal replacement products per day. In addition to this you should consume at least 201kcal per day of conventional food.

The choice of food is yours but we recommend you select foods which are low in carbohydrate such as lean protein and green vegetables/salads for ongoing weight loss and to stay in ketosis. Further information on appropriate food choices can be found on our website. For those of you looking to continue to abstain from conventional food then a milk allowance of 201kcal per day may be more appropriate. This can be added to drinks or be used to reconstitute your packs.

Other options – You may if you wish follow our 1000kcal per day Working Solution or 1200kcal per day Simple Solution during low calorie week. Please note - As these plans are higher in calories weight loss may slower or be absent this week. You may also come out of ketosis this week if higher carbohydrate foods are chosen. At Exante we like to put you in control, so you can of course mix and match your days during Low Calorie Week as per your circumstances. As long as you consume at least an extra 201kcal per day then you are free to do some days of Working or Simple according to your needs.

Working Solution during Low Calorie Week

The Working Solution is a low calorie diet and can be followed by those with no medical contraindications who are over BMI 25. It can also be followed by Total clients as their low calorie week. You should have 3 meal replacements of your choice per day plus a healthy high protein/low carbohydrate meal of 400kcal. This will give you a total daily intake of around 1000kcal. Examples of appropriate food choices can be found on our website.

Simple Solution during Low Calorie Week

The Simple Solution is a calorie controlled diet and can be followed by those with a BMI of over 20. This solution can be used by those on medications and with most medical conditions after discussion with your GP. You should have 3 meal replacements of your choice per day plus a healthy high protein/low carbohydrate meal of 600kcal. This will give you a total daily intake of around 1200kcal. Examples of appropriate food choices can be found on our website.

Working Solution

The Working Solution is a Low Calorie Diet (LCD) and can only be followed by those with a BMI of over 25 and with no medical contraindications (as listed above).

If you want simple, safe and effective weight loss while still having the opportunity to eat a daily meal, then this is the Solution for you. If you struggle to stick to other diets because of work, family and social commitments, then the flexibility of this solution will help you reach your weight loss target.

You should have 3 meal replacement products of your choice per day. You can have a mixture of soups, shakes, bars, porridge or pasta carbonara. Or some people prefer to stick to just one thing, the choice is yours. If you are having bars then we recommend no more than 1 of these per day (due to their slightly higher calorie and fibre content). In addition you should consume a further 400kcal of high protein/low carbohydrate foods giving you a total daily intake of just over 1000kcal. Examples of appropriate food choices and recipes can be found on our website. You can if you wish use a meal replacement product as the basis for your meal such as bulking out a Pasta Carbonara with some chicken breast and mushrooms and serve with green vegetables.

Simple Solution

The Simple Solution is a calorie controlled diet and can be followed by those with a BMI of over 20. If you want simple, safe and effective weight loss while still having the opportunity to eat a daily meal, then this is the Solution for you. If you struggle to stick to other diets because of work, family and social commitments, then the flexibility of this solution will help you reach your weight loss target.

This solution can be used by those on medications and with most medical conditions after discussion with your GP. This is important as they are best placed to advise you on whether this type of diet will have an impact on your condition or to determine if any medication you are taking might need adjusting upon commencement or as you lose weight.

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We recommend that you drink between 2-4 litres of fluids per day to keep you well hydrated and comfortable. Large amounts of water consumed in one go can be dangerous so small amounts spread throughout the day is recommended. Water can be still or sparkling, and for those of you who don't like plain water why don't you try adding an Exante water flavouring – see website for details. You can also drink black coffee (decaffeinated or regular) and any tea which comes from the leaf. Other drinks are discouraged as they may contain carbohydrate or citric acid which can affect the fat burning process, ketosis. More details on ketosis can be found on our website.

We recommend that you drink at least 2 litres of fluids per day to keep you well hydrated and comfortable. Large amounts of water consumed in one go can be dangerous so small amounts spread throughout the day is recommended. Water can be still or sparkling, and for those of you who don't like plain water why don't you try adding an Exante water flavouring – see website for details. You can also drink coffee (decaffeinated or regular), tea of your choice of other low calorie drinks in order to stay well hydrated. Milk may be added if you wish and should be calculated in your daily calorie intake. Tablet sweeteners are recommended over sugar.

When the amount of carbohydrate and calories you consume each day is reduced fat is then used by the body as an energy source. One of the by-products of burning fat for energy are ketone bodies which are excreted in the urine and on the breath. When in this heightened fat burning state it's known as being in ketosis. As you will be consuming 1200kcal per day and a moderate amount of carbohydrate you may find that ketone bodies are only present in very low amounts or may not be detectable in the urine. If you are keen to be 'in ketosis' you should try to keep the amount of carbohydrate you consume (in addition to that found in your meal replacements) to a minimum as well as avoiding drinks and foods containing citric acid as these both affect the fat burning process. If you prefer a wider choice of foods and are happy with a more steady weight loss then feel free to consume foods containing these. We leave the choice entirely up to you, whichever you choose though, don't worry you'll still be losing weight!

Managing Your Weight With The Stabiliser

Once you have lost weight following a VLCD or LCD it is important to reintroduce foods slowly so that you don't put back on the weight you've worked so hard to lose. The Exante Diet Stabiliser programme is designed to help you move from the VLCD and LCD Solutions onto a healthy balanced diet, decreasing your reliance on meal replacement products and increasing the amount of food you eat.

There are two Stabiliser steps:

Step 1 - 2 Exante Diet products (400 kcals) + 1000 kcals of healthy, nutritious foods per day

Step 2 - 1 Exante product (200 kcals) + 1400 kcals of healthy, nutritious foods per day

Step 1 allows you to have 1000 kcal (calories) from healthy foods and drinks in addition to the 400 kcals you will have from 2 Exante products. Plan what and how you are going to eat so that it fits in with your lifestyle, remembering not to skip meals, but eat regularly. For example some people prefer to have an Exante Diet shake for breakfast as they are accustomed to doing this, whilst others prefer an Exante Diet soup at lunch. Whatever you choose we strongly advise you to plan your meals as this is critical to maintain your weight in the longer term. You still need to drink plenty of water, at least 2 litres a day, but you can add milk to

tea, or coffee, remembering to add these to your daily calorie totals. We recommend that you follow step 1 for at least a week so that you become used to planning healthy meals and snacks. In this time you should not gain weight, and you may even still lose a little.

When you are ready, move on to the second step of the Stabiliser programme, Step 2 allows you to have 1400 kcal (calories) from food in addition to the 200 kcals you will have from one Exante product. It is still very important to plan what and when you are going to eat, so that you remain focused on maintaining your new weight by reinforcing new healthy eating habits.

We recommend that you use Step 2 of the Stabiliser programme for at least one week so you become accustomed again to planning and eating healthy meals and snacks. Then you should increase the amount of additional healthy foods you eat so that you neither gain nor lose weight. By noting how many calories you are eating at this point, you will know approximately what your energy needs are. This is what you need to stay at your new target weight.

Once you have completed the Stabiliser if you need some advice on maintaining your weight long term, you can find all the answers you need on our website in our guide to keeping the weight off.

Possible Side Effects

Very low calorie diets and low calorie diets can have temporary side effects for some individuals; these are normal and will disappear after a few days or upon returning to conventional food.

Common side effects which are experienced in the first few days are usually related to carbohydrate and caffeine withdrawal. Most other side effects are caused by dehydration so can be improved by increasing fluid intake.

Headaches – this is a common side effect, particularly in the first few days. Simple pain killers and staying well hydrated will help.

Nausea/upset tummy – This may be due to the high levels of vitamins and minerals in the packs. Splitting your pack into two smaller meals and adding additional water may help.

Bad breath – The fat burning process causes ketones to be excreted on the breath and in the urine. These have a characteristic smell and can result in metallic taste in the mouth. Regular teeth cleaning including the tongue, the use of mouthwash and staying well hydrated should help. A spray breath freshener can also be used. Chewing gum and sugar free mints are not recommended as the chewing action stimulates the secretion of stomach acid which may result in feelings of hunger.

Feeling cold – this is a natural side effect of a VLCD as the metabolic rate slows and blood flow to the extremities is decreased. Wrapping up warm and consuming warm drinks as well as keeping active should help.

Constipation – Changes in bowel habits are very common due to the fact you are eating a lot less than you would normally do, and you may find that you need to 'go' a lot less often than usual. This should not be confused with constipation where you feel you need to go but are unable to. Constipation can occur when there is insufficient fluid intake. When water intake is low the body absorbs most of what you take in for its every day functions, leaving little in the bowel. This results in hard stools which are difficult to pass. Drinking 2-4 litres per day, spaced evenly throughout the day will help minimise the risk of constipation. Should a laxative be required please consult your pharmacist.

Cramp – This can occur due to fluid imbalances in the body's tissues. Staying well hydrated and adding a little salt to your packs may help.

Hair shedding - a period of restricted calories can result in hair shedding. This is because the body sees hair growth as an optional function and when calories are reduced will often temporarily cease or reduce hair growth until calories increase. The hair remains dormant in the follicle and is pushed out when hair growth restarts. This makes it look like hair is being lost but is usually a sign that new hair is growing but just isn't visible yet.

Hormone changes - Both weight loss and weight gain can have an impact on a woman's menstrual cycle. Although most are not aware of any changes, for a few periods may change in flow, duration or frequency.

Check List & Tips

- Remember to have your 3 Exante meals replacement products every day. This will ensure you meet all your nutritional requirements and keep you safer and well when losing weight.
- Don't be tempted to skip packs; it really doesn't make you lose weight faster!
- If you are on the Working Solution or Low Calorie Week then remember to count all the calories you have every day from conventional foods to make sure you're not accidentally consuming more than you'd planned. You may find weighing your food helps you keep on track.
- Shakes – we recommend adding 200-250mls of water and use a whisk or blender for a smooth consistency. Shakes can also be served hot if preferred. If you fancy a change then why not try a hot chocolate or try adding hot or cold peppermint tea to a chocolate pack. You can add coffee to vanilla for a latte style drink or how about hot banana for a lovely warming custard style option.
- Soups – we recommend adding 200-250mls of boiling or hot water to your soup and using a blender for a smooth consistency.
- Porridge – mix with 200mls of cold water and microwave on full power for 2 minutes stirring occasionally. If you don't have a microwave then porridge can of course be prepared in a pan on the hob. Once ready leaving your porridge for a few minutes before consuming will help thicken it up or consume straight away if you prefer it a little thinner.
- Pasta Carbonara – For best results use 150mls of boiling water and leave to stand for 5 minutes before microwaving for 2 minutes, stirring occasionally. Once ready leaving your pasta carbonara for a few minutes before consuming will soften the pasta further and help thicken it up.
- Bars – Our bars contain slightly more calories and more fibre than the other packs. With this in mind we recommend no more than 1 per day.
- Hot water should not be used in a shaker as it can explode and could cause injury
- Feel free to add seasoning to your packs such as salt and pepper, tabasco, garlic powder, herbs and spices (fresh or dried).
- Tablet sweeteners are recommended rather than powdered as these are lower in carbohydrate
- Drink 2-4 litres of fluid per day to ensure you stay well hydrated and comfortable. We recommend water (still or sparkling), black coffee and tea's which come from the leaf. Other drinks can contain more calories, hidden carbohydrates and/ or citric acid, all of which can affect ketosis and the rate at which you lose weight. Exante Diet have a range of drinks flavourings if you'd like to add some interest to plain water. Details can be found on our website.
- Exercise can really help speed up your weight loss – whether it be a trip to the gym or a short walk. The more you move the quicker you will achieve your goal.
- Weigh yourself once a week. It's tempting to weigh yourself every day but this can lead to confusion and disappointment some times as body weight can go up and down a little from day to day due to water retention, bowel habits and in the ladies their menstrual cycle. Weighing once a week helps you see the overall picture of your weight coming down week by week. Don't forget to measure yourself once a month too.
- If you have a special occasion where you need to eat out then planning in advance what you are going to have will help keep you on track. Most restaurants have their menus available online. Make your choice in advance and stick to it. Lean protein and green vegetables/salads are the best options. Stay away from dressings and sauces, alcohol, puddings and the bread basket!
- Always have enough meal replacements to last you through to your next delivery. Orders placed before 1pm Mon-Fri will be delivered the next working day. Orders placed after 1pm Mon-Fri, or on a Sat or Sun will be delivered in two working days. Orders from outside UK mainland are not eligible for next day delivery. Please see our website for delivery times to different locations.
- Before embarking on any diet it is recommended you consult with your GP
- Think ahead – visualize how you will look and what you will be doing when you reach your goal and remember to celebrate your success.
- Stay positive and focussed. If you lapse, don't beat yourself up, just get back on track and remember your long term target.

More useful information can be found in the FAQ section of our website www.exantediet.com/FAQ/

exantediet
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