

Weight loss, improved health, renewed energy and self-esteem

OPTIFAST can make the difference

If your weight has become a serious problem, OPTIFAST offers a serious solution. The Program works because it offers a different path – one that's clinically proven to get results¹:

52 lb.
average
weight loss

15%
average
decrease in
cholesterol

29%
average
decrease in
blood glucose

10%
average
decrease in
blood pressure

Achieve lasting change

A study of over 600 people shows that five years after completing the Program, the majority of participants keep enough weight off to improve their health long term.²

¹ Based on a study of more than 20,000 people who completed the OPTIFAST Program. Individual results may vary. ² For many dieters, weight loss is only temporary.

realize the goal

The OPTIFAST Program is available in more than 400 clinics and hospitals nationwide. Over a million people have benefited from OPTIFAST since 1974, and over 80 studies published in recognized medical journals have documented its effectiveness.

Find out if OPTIFAST is right for you
Visit www.OPTIFAST.com to find an OPTIFAST clinic near you.

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OPTIFAST[®]

The serious solution for weight loss™

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imagine the difference

