

*We Recommend*



*Tried and tested since 1987*

lose  
up to **3**kg  
in your first week!



Don't need to lose weight?  
The Vita Diet supplements can be enjoyed  
as great tasting nutrition packed snacks

ALL FLAVOURS  
**GLUTEN  
FREE**



**AUSTRALIA:** Call **1300 742 537** or visit [www.VitaDiet.com.au](http://www.VitaDiet.com.au)

**NEW ZEALAND:** Call **(09) 889 8387** or visit [www.VitaDiet.co.nz](http://www.VitaDiet.co.nz)



## What is the Medical Vita Diet?

In 1987, Vita Tech introduced the Medical Vita Diet to Queensland Medical centres as an aid for combating obesity. The first doctor to implement the Medical Vita Diet was Dr Colin Holloway, who subsequently opened five Weight Loss and Nutrition Clinics in Queensland, personally treating thousands of patients with “outstanding” results.

## How the Medical Vita Diet Works

The Vita Diet program works by controlling the amount of carbohydrates, proteins and fats consumed in the eating program, and providing specific vital nutrients in the Shakes, Soups, Dessert or bars to ensure nutritional balance. This will help your body burn its own fat stores as a source of energy, resulting in weight loss.

The eating program focuses on eating fresh foods, rather than processed, and avoiding all sweet, fatty and starchy foods. The aim is to educate you to make healthier food choices which will then assist with weight maintenance.

## The Secret Is In The Shakes

The delicious Vita Diet Shakes, Soups, Dessert and Bars contain complete protein with 17 amino acids, low GI carbohydrates, plus 16 essential vitamins and minerals. They also contain minimal additives, no artificial colours, no artificial sweeteners and are 99% fat free when mixed with water. The range doesn't contain Vitamin K which can interact with some prescription drugs, such as Warfarin.

The sugar in the sachets is mainly the low GI carbohydrate lactose, which is found naturally in all milk products, whether in milk powder or a glass of milk.

**Note:** The Medical Vita Diet sachets are so convenient that all you need to do is add water. No fibre, milk or fruit (which will increase the sugar, fat & salt content) is required to improve the taste.

## You Are Not Alone

- ✓ Ask your doctor or pharmacist if they could monitor your progress.
- ✓ There is FREE online support on the Vita Diet website, where you can set up a personal profile or like the Facebook page (VitaDiet1). You can find testimonials, recipes, news and suggestions on these sites.
- ✓ For further assistance, email [info@vitadiet.com.au](mailto:info@vitadiet.com.au) or call the helplines below.

**For your nearest stockist, visit or call:**

**Australia**

**[www.VitaDiet.com.au](http://www.VitaDiet.com.au)**

**1300 742 537**

**New Zealand**

**[www.VitaDiet.co.nz](http://www.VitaDiet.co.nz)**

**(09) 889 8387**

## Tips to help you stay on track

- ✓ Read the Dr's guide to understand how the program works!
- ✓ “Being prepared is half the victory”  
Make sure you have an adequate supply of product.
- ✓ Plan your meals and prepare snacks from the “unlimited” list. This will give you something to look forward to each day, plus give you options in moments of weakness.
- ✓ Record your body measurements on the back of this guide, before you start and each week you are on the program.
- ✓ Like us on facebook, search VitaDiet1 for the latest information and advice.



**“Do not substitute Medical Vita Diet sachets. You can’t compromise quality when it comes to your nutrition.”**

# 5 **DAILY STEPS TO LOSE WEIGHT**

**“Remember it’s not for the rest of your life”**

**1 Have 2 Medical Vita Diet Supplements** (Shakes, soups, desserts or bars) a day, preferably at meal times. You can also choose unlimited vegetables and salads from the list.



**2 Prepare your main meal from the Daily Food Allowance** including the suggested protein foods and vegetables. (See Dr’s Guide for over 60 great recipes)



**3 Drink 8 to 10 glasses of water each day.** (Herbal teas count)



**4 Try to exercise for a minimum of 30 minutes** most days of the week – brisk walking is quite acceptable.



**5 Perform a Ketone Test (optional)**

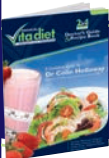


Whilst individual results vary, if you follow these five daily steps with the Medical Vita Diet, you can lose up to 3kgs in your first week and up to 1-1.5kgs for every other week you stay on the program.



## Handy Hints

- ✓ After 2 - 3 days, start performing a daily Ketone test in the morning. This is a urine test that indicates how much body fat you are burning. (P14, Dr’s Guide)
- ✓ Flavour salads with a tablespoon of cold pressed olive oil and a tablespoon of apple cider vinegar.
- ✓ Use herbs, spices and curry for to flavour or as directed in the MVD Recipe Book.
- ✓ Try adding vegetables to the Vita Diet soups. This will help thicken them.
- ✓ Season your food with “Lite Salt”, as this contains essential potassium and less sodium. Whilst the shakes have no added potassium which can interact with heart medication, potassium is found in the milk powder, vegetables as well as lite salt.



For a complete understanding of the Weight Loss Program, purchase Dr Holloway’s Complete Guide to the Medical Vita Diet.

**INCLUDED  
FREE IN  
STARTER  
PACK**

The Medical Vita Diet is a moderate form of the “Protein Sparing Modified Fast (PSMF)”, devised by doctors as a safe and successful way to lose weight as a treatment for obesity.

***It is recommended you consult your doctor before beginning any diet, particularly if you have a history of diabetes, gout, uraemia, kidney, liver or heart disease. Pregnant and lactating women must not begin a weight loss program without first consulting their doctor.***

**Note:** The eating program on its own is an unbalanced diet & should not be followed without taking the Medical Vita Diet sachets, as these are specifically formulated nutritionally to balance the diet.

***"If it's not on the list, avoid for best results"***

## DAILY FOOD ALLOWANCE

### Protein Food Suggestions

**Any items on the list in any combination**  
120g females, 200g males\*

**Chicken & Turkey** *All meat to be skinned before cooking*

**Beef, Pork, Lamb** *Lean and trimmed of all fat*

**Seafood** *Any fish or shellfish*

**Tofu or Textured**

**Vegetable Protein** *For vegetarians*

**Cheese** *Low fat - up to 30g per day*

**Cottage Cheese** *Low fat - up to 100g per day*

IN ADDITION TO DAILY PROTEIN ALLOWANCE

**Whole Eggs** *Boiled or poached - 1 daily*

**Egg Whites** *Unlimited*

- ✓ Vary these protein foods as much as possible.
- ✓ Other types of lean meats are also acceptable.
- ✓ \*Protein intake can be increased for very active people.
- ✓ **Nuts:** Brazil, almonds & walnuts. Limit snacking to one handful daily.

### Unlimited Vegetables

Artichoke	Cauliflower	Mushrooms
Asparagus	Celery	Onion
Avocado (1/2)	Chinese Cabbage	Radishes
Alfalfa Sprouts	Chives	Rocket
Beans	Choko	Shallots
Bean Sprouts	Cucumber	Silverbeet
Beetroot (fresh)	Eggplant	Snow Peas
Broccoli	Garlic	Spinach
Brussels Sprouts	Kale	Squash
Cabbage	Leek	Tomatoes
Capsicum	Lettuce	Watercress
Carrots (1 Maximum)	Mung Beans	Zucchini

\*Vegetables are unlimited unless marked otherwise.

### Low Carb Fresh Fruit

One small piece

\* For maximum fat burning results avoid all fruits as these contain simple sugars. (All fruit can be enjoyed on the maintenance program)

Apricot	Kiwifruit (50g)	Pineapple Slice
Blueberries (1/2 Cup)	Mandarin	Plum
Grapefruit (1/2)	Melon Slice	Strawberries (5)
Guava	Peach	

See Dr's Guide (p.35) for more low carb options.

**“I call the Medical Vita Diet my Miracle Food...”**  
Betty L, Qld

## VITA DIET VICTORIES

**Loralee T** of Broadbeach, Qld, lost 62kgs in 15 months AND she has kept this weight off for 5 years! She dropped from 124kgs to 62kgs following the Medical Vita Diet weight loss program and went from a size 22 to a size 10.

*“I really enjoyed the Medical Vita Diet shakes and maintaining my weight has been effortless as I am just not tempted by fatty, starchy or sugary foods anymore. The best thing about this diet is that it trains your brain about food.”*

**John M** of NSW, lost 36kgs in 14 weeks and can't be happier.

*“I swear by the Medical Vita Diet. I lost 4.7kgs in my first week. The Medical Vita Diet has given me a new lease on life. People don't recognize me.”*

**Erin O** of QLD, lost 15Kgs in 13 weeks!

*“I read the pamphlet at the chemist and bought a Starter Pack. I LOVED the flavours and it was so convenient. Being a full time mum, I have had so many comments on how good I'm looking and questions on how I've done it. It all comes down to the Medical Vita Diet. Best decision of my life!”*

### Are you the next Vita Diet Victory?

Help inspire others by telling us your story!

Email [info@vitadiet.com.au](mailto:info@vitadiet.com.au)

### DIY STARTER PACK

*Pack Includes*

- ✓ 14 Delicious Milkshakes
- ✓ Body Tape Measure
- ✓ Eating Plan & Allowed Food List
- ✓ **FREE** Dr's Guide & Recipe Book
- ✓ **FREE** 500ml Shaker
- ✓ **FREE** Dessert or Soup

*Everything you need!*



BEFORE

**AFTER**  
15 months  
62kgs



As Seen in  
**New Idea**  
Magazine



BEFORE



AFTER



BEFORE



AFTER

