

“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.



As Seen in
New Idea
Magazine

“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.”

Aubrey 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.”

Christine G of Lismore, NSW, lost 23.5kgs on the Medical Vita Diet in 18 weeks and went on to lose a further 10.1kgs!!



“My blood pressure went from sky high to normal; my cholesterol is now low instead of high, and I have heaps more energy and feel great. The Medical Vita Diet shakes are just so easy!”

Are you the next Vita Diet Victory?

Help inspire others by telling us your story!
Email info@vitadiet.com.au

DIY STARTER PACK

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



Everything you need!

WEIGHT LOSS MEASUREMENTS

MEDICAL
SINCE 1987
itadiet
NUTRITION | ENERGY | WEIGHTLOSS

INCLUDED
IN
STARTER
PACK

BODY TAPE MEASURE
Your new specialised MVD tape measure will soon become your best friend. It is so simple to use, and allows you to measure any part of your body with ease and superior accuracy.



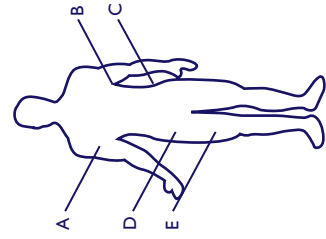
WEIGHTLOSS GOAL
KGS

START DATE
/ /

FIRST NAME

SURNAME

DATE	WEEK	1	2	3	4	5	6	7	8	9	10	11	12	Weight	Blood Pressure
A															
B															
C															
D															
E															



I. PICK SIDE OF BODY
(to measure each week)
Left Right



We Recommend

MEDICAL
SINCE 1987
itadiet
NUTRITION | ENERGY | WEIGHTLOSS

USAGE GUIDE

The Medical Vita Diet

- ✓ Tried & Tested since 1987
- ✓ “Outstanding” weight loss results
- ✓ Lose up to 3 kgs in your first week
- ✓ Safe (used in Medical Centres for 29 years)
- ✓ Complete 2 in 1 Dr's Guide & Recipe Book
- ✓ FREE Online Support
- ✓ NO Contracts, NO Joining Fees

The Medical Vita Diet Supplements

- ✓ Perfected in taste over 29 years
- ✓ Minimum Additives, No Trans-fats
- ✓ All Flavours Gluten Free, Sulphite Free
- ✓ No Artificial Colours or Sweeteners
- ✓ Contain Low GI Carbohydrates
- ✓ Large Variety of Shakes, Soups, Mousse & Bars
- ✓ Contain 16 Essential Vitamins & Minerals
- ✓ Complete Protein (Whey & Casein)

Don't need to lose weight?
The Medical Vita Diet supplements are great tasting, healthy nutrition packed snacks



ALL FLAVOURS
GLUTEN FREE



AUSTRALIA: Call 1300 742 537 or visit www.VitaDiet.com.au
NEW ZEALAND: Call (09) 889 8387 or visit 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 supplements 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 Supplements

The delicious Vita Diet supplements 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 supplements contain no Vitamin K which can affect the way some prescription drugs work, 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 supplements 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

In addition to the support provided by your local health professional, there is FREE online support on the Vita Diet website to help you achieve your weight loss goals. Here you can access your own personal profile, recipes, exercise tips, news, forums and more. The team at Vita Tech is also available by email or phone to help.

For your nearest stockist, visit or call:

Australia www.VitaDiet.com.au **1300 742 537**
New Zealand 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 VitaDiet!  for the latest information and advice.

"Do not substitute Medical Vita Diet supplements. You can't compromise quality when it comes to your nutrition."

A daily routine with the Medical Vita Diet



"Remember it's not for the rest of your life"

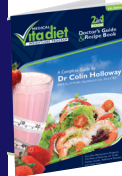
5 Simple Steps to Lose Weight

- 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 **Take a multivitamin tablet** each day. 

If you follow these five simple steps with the Medical Vita Diet, you can expect to lose up to 3kgs in your first week and up to 1 to 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 shows how much body fat you are burning. Ask your health professional about Vita Diet ketone sticks. (P14, Dr's Guide) 
- ✓ Flavour salads with a dressing made from a tablespoon of cold pressed olive oil and a tablespoon of apple cider vinegar.
- ✓ Use herbs, spices and curry for flavour varieties or as directed in the MVD Recipe Book.
- ✓ Season your food with "Lite Salt", as this contains more potassium and less sodium.
- ✓ Try adding vegetables to the Vita Diet soups. This will help thicken them. 



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 supplements, as these are specifically formulated nutritionally to balance the diet.

Daily Food Allowance

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

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.