

# Medically formulated for fast, effective weight loss.



Formulite is an Australian VLED weight-loss solution that's medically formulated to help patients lose weight before bariatric surgery. Available in shakes and soups (and bars in 2021), it's high in protein and low in carbohydrates. This helps maximise liver ketosis while minimising muscle loss and keeping patients satiated. Its low lactose and naturally sweetened formula also reduces GI irritation, ensuring patients 'stay the course' before surgery, giving you the best conditions for a successful operation.

It's everything your patients need for effective weight loss.

## HIGH IN PROTEIN (>30g)

Formulite has the highest protein of any Australian VLED meal replacement, and is the only brand to meet the protein requirement for patients with a high BMI.

## LOW IN SUGAR (3.1g)

Naturally sweetened with Stevia, Formulite has no added sugar or artificial sweeteners, yet has a satisfying taste.

## ONLY 10.6g OF CARBS

Our low carb, high protein combination promotes liver ketosis while minimising muscle loss.

## LOW GI IRRITATION

With low lactose and no artificial sweeteners Formulite minimises the risk of GI irritation.

## PRE & PROBIOTICS

Formulite is the only meal replacement shake with added pre and probiotics for improved gut health.



FORMULITE



## Our story began in a surgical practice...

While working in a General Surgical Practice and striving to help clients lose weight healthily, our founder, Glennis Winnett, was disappointed in the lack of high protein, high fibre and low sugar meal replacements that were also nutritionally healthy. After collaborating with dietitians and sports supplement experts, she created Formulite, which has been clinically tested and is increasingly becoming the “go-to” pre-surgical product for bariatric surgeons and dietitians who are looking for a new, wholesome and palatable VLCD plan for their patients.

## SEE HOW FORMULITE COMPARES

	 <b>Formulite</b> Creamy Vanilla VLCD Shake Per 55g Serve	 <b>Optifast</b> VLCD ProteinPlus Vanilla Per 63g Serve	 <b>Optifast</b> VLCD Vanilla Flavour Shake Per 55g Serve	 <b>Optislim</b> VLCD Platinum Plus Vanilla Per 53g Serve	 <b>Kickstart</b> Vanilla Bean Flavoured Shake Per 55g Serve
Calories/Energy (kj)	213/891	250/1050	201/840	211/885	211/885
Protein	35.9	28	20.7	20.7	20
Fat	3.0	5.6	4.5	5.8	4.9
Carbs	10.6	20	18.2	16.7	19.6
Sugars	3.1	2.2	10.1	1.6	15.8
Dietary Fibre	3.7	3.6	3.6	-	4.1
Vitamins & Minerals	✓	✓	✓	✓	✓
Probiotics	✓	✗	✗	✗	✗
Digestive Enzymes	✓	✗	✗	✗	✗
Free from Artificial Sweetener	✓	✗	✗	✗	✓
Free from Added Sugars	✓	✗	✗	✗	✗
Naturally Sweetened	✓	✗	✗	✗	✓

### What other bariatric surgeons and dietitians are saying:

“I came across Formulite at the ANZMOSS conference last year. The decision to switch was easy and logical – more protein and less sugar. Many of my patients continue to use Formulite after surgery. Weight loss success is a team effort and Formulite is part of that team.”

**Dr Garth McCleod**  
Bariatric Surgeon

“We see quite a lot of patients undergoing bariatric surgery who require a well-formulated liquid product pre- and post-surgery. We have had zero poor feedback on Formulite and will continue to recommend it to patients where there is clinical justification to do so.”

**Mitch Smith**  
Accredited Practising Dietitian (APD)  
Health Management Dietitians

“Formulite is our preferred brand of meal replacement at Weight Loss Surgery Support. The low sugar, high protein content is ideal for our clients both pre and post-surgery. We’ve also received great feedback on the taste, making it an easy dietary change to implement.”

**Julie Hennessy**  
Accredited Practising Dietitian (APD)  
Weight Loss Surgery Support

For details or to order Formulite samples or print materials, call us on 1300 002 230 or visit [formulite.com.au](http://formulite.com.au)

