

exantediet<sup>tm</sup>  
*Simple Weight Loss...*

Frequently asked questions

[www.exantediet.com](http://www.exantediet.com)

# 1. How does it work?

**Exante Diet** has different programmes you can choose from. If you meet all the requirements and do not have any medical contraindications as listed on our 'Who is Exante Suitable For?' page, then you would be able to follow the Total Solution. **Total Solution** is a very low calorie diet where you would have 3 meal replacements a day giving you a total of approximately 610 kcals and 100% RDAs. On this programme you will eat products only and no conventional food. Some diet companies have 4 meal replacements a day to give their clients 100% RDAs but Exante Diet products contain more volume per pack therefore 3 a day is sufficient. The choice of the products is down to the clients, some clients have a soup, shake and a bar or ready meal while other clients prefer more shakes or soups.

Exante offers another very low calorie diet programme, our **Total Plus Solution**. On this plan you have 3 meal replacement products each day alongside around 100kcals of low carbohydrate vegetables.

Another programme we offer is **Working Solution**. On this plan you have 3 meal replacement products each day alongside around 400kcals of low carbohydrate conventional food.

An alternative programme to follow would be the Exante **Simple Solution**, this still includes 3 meal replacements a day but also you would include a healthy balanced meal each day of around 600 kcals. This will still produce great weight loss if followed correctly and is a great way of getting used to calorie counting and being in control of what you eat.

The length of time clients remain on the weight loss programmes are dependent on how much weight clients have to lose. If following the Total Solution we recommend that clients take a break every **21 days** and follow a Low Calorie Week. If following the Total Plus solution we recommend that clients follow this programme for no more than **12 weeks** without taking a break.

Further information can also be found in our 'How it Works' section of the website, but in the meantime please contact us if you require any further advice. Once following the programme clients can have support and advice via Customer Care.



## 2. What is a Very Low Calorie Diet (VLCD)?

Very Low Calorie Diets are designed to provide all the vitamins, trace elements and nutrients as well as provide good quality protein and all the essential fats that your body requires to be healthy. This means that you are having at least 100% of the recommended daily RDAs and between **400-800 kcal** per day. Very Low Calorie Diets commonly replace all of the daily diet with products. They can also combine products with small amounts of conventional foods.

The recommended number of kcals for those having conventional meals is in the region of 2000 for women and 2,500 for men. **3 Exante Diet products** contain about **600 kcal per day**. The limited amount of calories means that your body turns to its store of fat for extra energy and this fat burning, which is a natural process, enables you to lose weight quickly, simply and safely.

VLCDs are not a fad or diet craze. They have been used in the UK for more than 30 years, and there has been a great deal of medical research into the safety and effectiveness of VLCD which documents their use.

To use Exante Diet's Total solutions you must have a **BMI of 25 or more** and be between **18-70 years old**.

Occasionally people have medical conditions or are taking medication which prevents them from participating. These people may be able to participate on the Simple solution following discussion with their GP. All potential participants are screened for suitability prior to being able to order any products.



## 3. What about exercise?

It is important that you take a sensible approach when thinking of exercising when you are on a diet. You need to consider a number of factors such as how much exercise you usually do, how many calories you are taking in and how much carbohydrates you are having.

Our Total, Total Plus and Working Solutions are not compatible with strenuous exercise and it should be avoided, this is due to the low number of calories you are having each day and the limited carbohydrate. 20 minutes of light to moderate intensity exercise/activity is recommended each day.

If you are looking to do more exercise than this then we recommend you follow Simple Solution which has slightly higher calories per day at 1200kcal and carbohydrates can be eaten more freely.

You should always consult your GP before embarking on a new exercise programme, particularly when you are overweight or have not exercised for some time.

## 4. Which programme should I follow?

We have **4 programmes** that clients can choose from; **Simple Solution** is exactly that, it's a Restricted Calorie Diet; you choose 3 products per day giving you 610 kcals and include a healthy balanced calorie-counted meal of 600 kcals giving you a total calorie intake of 1200 kcals - perfect for those who want to enjoy a meal with their family or social occasions. Please see our tasty recipe ideas or food hints and tips for more information.

**Working Solution** is a Low Calorie Diet and offers slightly quicker weight loss results by enjoying three total meal replacements a day and a low carbohydrate / lower-calorie meal each day of 400 kcals, giving a total of 1000 kcals per day.

**Total Solution** is a Very Low Calorie diet (610 kcals). This is the ultimate in quick results, you have 3 total meal replacements each day safe in the knowledge that in doing so you will be getting 100% RDAs.

**The Total Plus Solution** is also a Very Low Calorie Diet. It combines 3 total meal replacements each day with a small amount of conventional food from a restricted list. This programme gives you a total daily intake of around 700kcals per day.

(To use Total, Total Plus or Working Solution you must have a BMI of at least 25 and have none of the contraindications outlined in our medical guidance)



## 5. How long can I do this for?

The Simple Solution and Working solution can be used until you reach your target weight of a healthy BMI. On reaching your target weight you can continue to use Exante products in combination with healthy food to maintain your weight. If following the **Total Solution** you will

need to take a break **every 3 weeks** and follow the Low Calorie Week plan, which will increase your calorie intake to at least 801 kcals per day. If following the **Total Plus Solution** you can continue for a maximum of **12 weeks** before taking a break.

## 6. Can I have 4 packs a day?

We would not recommend you have four packs a day. All of our soups, shakes, bars and ready meals are Total Meal replacements. By using 3 of our products a day to replace your normal meals you can cut the number of calories you have and you'll still receive 100% of your Recommended

Daily Allowances (RDAs) for vitamins and minerals. This means that you stay fit and healthy whilst you lose weight because your body has all that it needs to enable safe, and effective weight loss.

## 7. Why do I have to follow the Low Calorie Week plan whilst on Total Solution?

You must have a break every **21 days** as you are following a total dietary replacement programme, such as the Total Solution without medical supervision. NICE guidelines and the Energy Restricted Diet Directive state that this type of diet should not be followed continuously for long periods of time. **Low Calorie Week** will allow you to take a break in a structured way and then return to Total Solution at the end of the week. It is also a good way of getting used to counting your own calories and eating healthy balanced meals.

During your Low Calorie Week you will still have **3 meal replacements** a day as well as a healthy balanced meal that is at least **201 kcals**. We recommend high protein / low carb meals. Any white meats, fish with green vegetables or salads. Alternatively if you wish to abstain from

conventional food a milk allowance of at least 201 kcals is suitable. Read more about the Low Calorie Week.

If you are following the Total Plus Solution you don't need to have a Low Calorie Week every 3 weeks but in line with NICE guidance you should not follow the programme for more than 12 weeks continuously.



## 8. What can I eat during the Low Calorie Week plan?

Customers on the **Total Solution** must have a break from the programme every **21 days** by following the Low Calorie Week plan. On the fourth week of the programme you still continue taking three Exante products a day, but you also include at least **201 kcals** of conventional food into your diet.

If you would like to try and remain in ketosis for that week, or in a mild state of ketosis, then it is important to make the right food choices to ensure that you are sticking to low carbohydrate and high protein food options. You can use the ketosis recipes in our food section for inspiration.

If you wish to continue to abstain from conventional food during your Low Calorie Week, a milk allowance of at least 201 kcal is suitable. Alternatively, you may wish to follow our 1000 kcal per day **Working Solution** or 1200 kcal 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.

After the **Low Calorie Week** you can go back to the Total Solution plan or you can try one of the other Solutions if you are ready to stabilise your weight loss.

## 9. What is Ketosis?

**Ketosis** means that your body is burning fat rapidly because it is using your fat as it's main source of energy. Normally our bodies use our food as our primary source of energy. Your body initially uses up its energy reserves of glycogen before starting to burn fats from its fat stores; this process normally begins after **3 to 4 days** on the programme. When the glycogen stores are used up, your body will then switch its main energy source to burning your fat. When fat is burned rapidly the body produces a by-product called 'ketones' and the person is said to be in ketosis.

If clients want to monitor Ketosis then Ketone sticks can be purchased from larger chemists. If you want to check your urine for ketones we recommend you do this first thing in the morning when your bladder is full and ketones are going to be most concentrated. If this is still negative but you are losing weight and not feeling hungry then this is a sign you are in ketosis it is just that the amount in your urine is low and not able to be picked up on the sticks. Ketosis sticks aren't designed for the mild dietary ketosis observed on a low carbohydrate diet, they were invented for diabetics to use and are intended to detect the high levels which are associated with uncontrolled diabetes. This means that sometimes ketones are present but the test doesn't pick them up. Levels can be very low in those who are drinking very large amounts of water or have quite small amounts of weight to lose.

## 10. What are the side effects?

**Very low calorie diets can have temporary side effects for some individuals; these are normal and will disappear when returning to conventional food.**

Most side effects are experienced in the first few days; carbohydrate and caffeine withdrawal can take place when starting a Solution, usually causing headaches. Simple pain killers and **drinking extra water** will help. Some people experience feelings of nausea or an upset tummy. This could be due the high concentration of vitamins and minerals contained in the replacement meals. Drinking water before, during and after eating can ease this.

You may get bad breath. The fat burning process (ketosis) causes a type of acetone to be released in the breath (which may result in a metallic taste in your mouth). This normally **improves** as the body settles down; drinking lots of water to dilute the acetones, regular brushing of teeth (and tongue) and using a mouth wash will also help. A spray breath freshener can be used.

Feeling cold is a natural side effect of being on a VLCD as the metabolic rate slows and blood flow to extremities is decreased, meaning that hands and feet can feel colder than usual. This is a **temporary** side effect and wrapping up warmly, drinking warm water and being more active to encourage better circulation will all help with this. Constipation seems to be the most common side effect of being on a VLCD. Often toilet habits change for a number of reasons: as you are eating a lot less food there is less to be excreted so you may not need to 'go' as often as usual. However if it is difficult to pass motions then you may be constipated, which could be because you have not drunk enough water regularly and have become dehydrated. **Increasing** your water intake can help.

Cramp may occur when on a VLCD, caused by fluid imbalances in the body's tissues. The remedy is to drink more water. Sometimes adding a few **grains of salt** to soups or put in water at bedtime might help.

For those who use a VLCD over a period of time hair shedding can be a natural and temporary side effect. This is because a shortage of calories can cause the body to slow hair regrowth, this will return to normal following the reintroduction of conventional food.

A woman's hormone balance can alter when she loses weight. Although most are not aware of any changes, for a few, periods may change in flow, duration or frequency.



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<http://www.exantediet.com/faqs.list>