

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

Who is Exante Diet suitable for?

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



# Who is Exante Diet Suitable For?

Exante Diet has a programme for almost everyone.

Whether you're looking to lose 2lbs or 10 stone, you can do it with **Exante Diet**. Fast, safe and effective weight loss can be achieved with any of our diet plans. If it's New Year and you want a new you, you've got a holiday to look forward to, or a wedding to look incredible for, Exante Diet can help you get there in the simplest way possible!

Because you will be consuming **less calories** than your body requires while on any of our diet solutions, it is important that you are eligible to follow Exante Diet. To follow Exante Diet you must meet a **criteria** based on your age, BMI and medical health.

As Exante Diet is unable to medically monitor your health you need to make sure that you have discussed Exante Diet with your GP. We would recommend that you **consult your GP** before embarking on any weight loss program.

We will advise you on which Solution you are eligible for during the checkout by assessing your health but you are welcome to read on for more information on our eligibility checks.

# Calculate Your BMI

Your Body Mass Index (BMI) is a formula for calculating whether your weight falls within a healthy range.

Whilst this method is not infallible it is currently the most favoured measurement of risk by health

professionals. For the purposes of Exante Diet Solutions, BMI is used to assess eligibility.

Height (ft./in)	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330
4'5"	30	33	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	83
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60	63	65	68	70	72	75	77	80
4'7"	28	30	33	35	37	40	42	44	47	49	51	54	56	58	61	63	65	68	70	72	75	77
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67	70	72	74
4'9"	26	28	30	33	35	37	39	41	43	46	48	50	52	54	56	59	61	63	65	67	69	72
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63	65	67	69
4'11"	24	26	28	30	32	34	36	38	40	43	45	47	49	51	53	55	57	59	61	63	65	67
5'0"	23	25	27	29	31	33	35	37	39	41	43	46	47	49	51	53	55	57	59	61	63	65
5'1"	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61	62
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60
5'3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57
5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53
5'7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50
5'9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47
5'11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	46
6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45
6'1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44
6'2"	15	17	18	19	21	22	23	24	25	27	28	30	31	32	33	35	36	37	39	40	41	42
6'3"	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38	39	40	41
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40
6'5"	14	15	17	18	19	20	21	23	24	25	26	27	29	30	31	32	33	34	36	37	38	39
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29	30	31	32	34	35	36	37	38
6'7"	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33	34	35	36	37
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28	29	30	31	32	33	34	35	36
6'9"	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	33	34	35
6'10"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	34	35

- Under weight  
BMI = under 18.5
- Normal weight  
BMI = 18.5 - 24.9
- Over weight  
BMI = 25 - 29.9
- Obese  
BMI = 30 - 39.9
- Extremely Obese  
BMI = 40 and over

# Contraindications

Please do not follow any Exante Diet Solution if any of the below apply to you:

- You are under 18 or over 70 years
- You have active cancer or have had treatment for cancer in the last 3 months
- You are underweight
- You are pregnant or breastfeeding

To follow Total, Total Plus or Working Solution you will need a minimum BMI of 25. To participate in our Simple Solution, you need a minimum BMI of 20. If you have any of the following contraindications, you are not eligible to participate in our Total, Total Plus or Working Solutions. You may however be able to follow our Simple Solution, a 1200kcal per day calorie controlled diet, if your GP is agreeable.

- A severe psychiatric disorder including manic depression (bipolar disorder), Psychosis, Schizophrenia and/or taking MORI and Lithium drugs
- Depression of more than a minor degree
- Gout
- Porphyria (active or latent)
- Given birth in the last three months (or had a miscarriage 20 weeks gestation)
- Type 1 diabetes or Type 2 diabetes requiring medication e.g. Insulin, Metformin, Sulphonylureas
- Arrhythmia Bradycardia. Tachycardia or taking Digoxin to treat heart rate irregularities
- Convulsions or Epileptic seizures or taking anti convulsion drugs
- Any heart condition including, heart disease or suffered a heart attack, heart failure, arrhythmias valve disease
- Angina
- Recent stroke or is taking anti-coagulants anti-thrombotics or fibrolytics
- Severe kidney or liver disease
- Are about to undergo surgery
- Had any serious illness, injury, trauma or major surgery in the last three months
- Hypertension (medicated)
- Have a history of eating disorder or are currently awaiting treatment for eating disorder
- Have had any medical condition which affects your dietary requirements (other than Coeliac Disease) e.g. Haemochromatosis
- Have had any surgery which means you do not absorb all the food you consume such as Gastric Bypass (or other related malabsorbtive bariatric procedures) or have had sections of your bowel removed.
- Taking ANY prescription medication other than the oral contraceptive pill

If you would like to discuss your suitability further, feel free to call our customer service advisors on: 0844 249 5030 or email: [confirmation@exantediet.com](mailto:confirmation@exantediet.com) Alternatively, you can always contact us via your online account.

# Eligibility Results

Your BMI	Contraindications	Solution
BMI under 20	Contraindications do/do not apply to you	You are not eligible for Exante Diet because your BMI is under 20
BMI 20 - 25	Contraindications do/do not apply to you	You are eligible for the Simple Solution because your BMI is between 20 and 25
BMI 25 or above	Contraindications do apply to you	You are eligible for the Simple Solution because 1 or more contraindications apply to you
BMI 25 or above	Contraindications do not apply to you	You are eligible for the Total, Total Plus, Working or Simple Solution because your BMI is 25 or above and none of the medical contraindications apply to you

