

Medical monitoring of low-calorie diet in 14 adults using the program of thinning **14 days** of the company NUTRISAVEURS®

NUTRISAVEURS® SAS

As it was asked by the society:

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To the referring Doctor:

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GOAL OF THE PROCESS

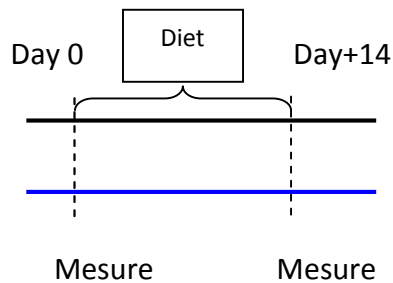
Estimate the efficiency in terms of weight loss of a high proteined low-calorie diet of 14 days, based on prepared dishes, dessert creams, slenderness tea and biscuits.

METHODOLOGY

A group of 14 voluntary adults-most of them are overweight (body mass index>25) have to follow a food protocol during 14 days.

Each of them will be measured and weighted before and after the program.

DIAGRAM



The consumption patterns of products are explained to volunteers by the referring doctor. The food to be followed during these 14 days is detailed in a called “companion guide program 14d”. This document is provided by the physician with the products needed to the diet.

PATIENTS

The population must correspond as well as possible with the target of this product. They must obviously be healthy men or women aged from 18 to 65, with a majority of women.

Some are overweight; they have a body mass index varying from 25 to 30 kg/m² and don't have any treatment or slimming diet. Their weight didn't vary more than 3 kg during the last 3 months before the program.

Over the 14 volunteers for this program, 4 have a body mass index range from 22 to 25 kg/m², in other words, patients of average size but nevertheless thinking that they are a little overweight.

The average age of the 14 voluntary patients at the beginning of the program is 37 and the average body mass index is 27.

PARAMETERS OF EVALUATION

The main criteria of judgment will be: WEIGHT.

Then, it will be:

-Anthropometric criteria:

1) Body mass index (IMC)

- Other parameters of follow-up care:

1) Product tolerance questionnaire

2) Organoleptic acceptability questionnaire

3) Subjective efficiency questionnaire

NATURE OF THE PROTOCOL

This 14 days program takes place in two steps:

7 days of «STARTER» / 7 days of "CONTROL"

NUTRISAVEURS furnishes 28 prepared dishes (14 "starter"+ 14 "control"), 14 dessert creams, 2 boxes of slenderness tea, 14 sachets of berry biscuits needed for breakfast, lunch and dinner.

NUTRISAVEURS will also furnish a guidebook which will bring all the necessary details to follow the program. It will also indicate you how to cook vegetables (braise, steam, etc...) and the list of fruits and vegetables authorized for each of the 2 steps of the program.

	STEP 1 called « STARTER » Day 1 to 7	STEP 2 called « CONTROL » Day 8 to 14
BREAKFAST	Nutrisaveurs' tea* or sugar-free coffee + cottage cheese (0% fat) Or 1 hard-boiled egg Or a slice of poultry + 1 sachet of berry biscuits*	Nutrisaveurs' tea* or sugar-free coffee + a slice of whole-wheat bread (50g) with a nut of butter + 1 yoghurt (0% fat) Or 125 ml of semi-skimmed milk
LUNCH	1 prepared dish « STARTER »* + 1 dessert cream NUTRISAVEURS*	1 prepared dish « CONTROL »* + 1 part of authorized vegetables (100-150 g) + 1 dessert cream NUTRISAVEURS*
SNACK (10 am or 4 pm)	NUTRISAVEURS' tea*	NUTRISAVEURS' tea* + 1 sachet of biscuits* + 1 fruit
DINNER	1 prepared dish « STARTER »* + 1 part of authorized vegetables (100 to 150 g)	1 prepared dish « CONTROL »* + 1 part of authorized vegetables (100 to 150 g)
	Average of daily caloric amount : ± 750 Kal	Average of daily caloric amount : ± 1100 Kcal

*: Products furnished by NUTRISAVEURS ®

DOCTEUR JEAN DUBY MEDICAL CONSULTING

Dessert creams and berry biscuits are suggested at different moments of the day but can be replaced at your convenience provided that the quantity is respected.

RESULTS

14 voluntary adult patients (3 men, 11 women) followed the thinning down program during 14 days.
7 days with « STARTER », 7 days with « CONTROL »

	Name	Sex	Age (years)	Height (m)	Initial weight (kg)	Final weight (kg)	Difference	Initial Body Mass Index	Final Body Mass Index
1	Virginie EPERCIEUX	F	34	1,67	81	77	4	29,04	27,61
2	Jean-Michel FAVRE	M	47	1,86	103	96	7	29,77	27,75
3	Julie ROTEREAU	F	26	1,66	63	60	3	22,86	21,77
4	Sami BENDEBBA	M	28	1,73	73	69	4	24,39	23,05
5	Isabelle VAS	F	31	1,67	70	66	4	25,10	23,67
6	Laurence SAPET	F	33	1,69	69	63	6	24,16	22,06
7	Soraya MEKDAD	F	43	1,73	84	79	5	28,07	26,40
8	Elisabeth ANNE	F	43	1,63	67	62	5	25,22	23,34
9	Sophie GERIN	F	32	1,60	75,6	70,8	4,8	29,53	27,66
10	Lydia	F	28	1,63	60	55	5	22,58	20,70
11	Jaqueline LABIT	F	45	1,55	83	75	8	34,55	31,22
12	Angélique LASSALLE	F	25	1,55	63	59	4	26,22	24,56
13	José ALAVER	M	57	1,75	85	81	4	27,76	26,45
14	Nacera BELVAL	F	45	1,75	106	100	6	34,61	32,65
Total average		14	37	1,68	77	72	5,0	27	25,6
Woman average		11	35	1,6	74,7	69,7	5,0	27,4	25,6
Men average		3	44	1,8	87,0	82,0	5,0	27,3	25,8

Among the 14 patients, during the 14 days, the average of weight loss is 5 kg.
We notice a weight loss of 7 kg on a male overweight patient.

RESULT OF THE SATISFACTION INVESTIGATION

Weight loss average		5 kg
Weight loss average	Man	5 kg
	Woman	4,9 kg
Final Body Mass Index average	Man	25,7
	Woman	25,6
Efficiency on weight loss	Good results	100%
Weight loss after :	0-2 days	21,4%
	3-5 days	78,6%
Taste of meals	Good	78,6%
	Excellent	21,4%
Rapidity and easiness of preparation	Very fast and easy	100%
Satisfaction on recommendations of the guidebook	Very satisfied	100%
Recommendation to a friend	Yes	100%

Novembre 2009,

A Pertuis,

Sign and seal of the referrent Doctor: