



KicStart™ VLCD

What is KicStart™ VLCD

KicStart™ VLCD is a complete meal in the form of a shake or soup. By replacing a normal meal with a KicStart™ VLCD, a bigger reduction in the total kilojoules (or calories) can be achieved than could be normally achieved with a self prepared meal. This significant reduction in the total kilojoules (or calories) helps accelerate or "kick start" the initial weight loss whilst satisfying hunger and maintaining the essential intake of vitamins, minerals, electrolytes and trace elements.

Using KicStart™ as part of the Healthy Weight For Life™ program is a short term strategy designed to help "kick start" your weight loss and boost your motivation which allows you to give 100% of your attention to learning and practicing your new lifestyle skills.



KicStart™ has been thoroughly tested in a number of independent university and hospital clinical trials across Australia. The results of these clinical trials have been presented at a number of Australian and International medical and scientific conferences.

KicStart™ is Unique

KicStart™ VLCD has been carefully formulated to strict medical standards. Some of the key features of its formulation are

- A unique combination and ratio of dairy proteins to satisfy hunger and protect muscle mass while you are losing weight.
- Soluble dietary fibre to help satisfy hunger for longer, help reduce cholesterol absorption and reduce the risk of constipation.
- Three forms of omega 3 as well as omega 6, which are all important for heart health.
- 26 different vitamins and minerals, including essential electrolytes and trace elements, to ensure nutritional balance, good health and vitality.
- Low in sugar - to help regulate your blood glucose levels.
- Low in saturated fat - shown to be detrimental to heart health.

Mixing the KicStart™ Shakes & Soups

Shakes: First add 200 ml (or more) of cold water, and ice cubes if you wish, to the shaker provided, or a blender, then add the sachet of KicStart™ powder to the water.

Shake or blend for 30 seconds or until the consistency of the liquid is smooth and slightly frothy.

Pour the shake into a large glass and drink within a few minutes.

Tip – for variety try blending some fresh or frozen berries into your shake.



Soup: First add 200 ml (or more) of tap water, ***not hot water***, to the shaker provided, or a blender, then add the sachet of KicStart™ powder to the water.

Shake or blend for 30 seconds or until the consistency of the liquid is smooth and slightly frothy.

Pour the mixed soup into a heatproof container and gently heat in the microwave or on a stove top until warm. **DO NOT BOIL.**

Tip – for variety try adding fresh herbs, curry powder or spices to the soups. For an extra hearty meal add a range of steamed vegetables from the 'Free Foods'



VLCD Adverse Effects

Some people who use a VLCD report minor side effects such as fatigue, constipation, nausea and diarrhoea. These conditions are usually transient in nature, should improve within a week or two and rarely prevent patients from completing the program. For more details please refer to the **Important Safety Information** page.

Full **KicStart™ Ingredients and Nutritional Information** can be found at www.hcf.hwfl.com.au by clicking on KicStart™ VLCD.