

Weight Loss Program Comparisons¹

Weight Loss Program	SwissFitt Ultimate Lifestyle Program	Take Shape for Life (Medifast)	New Lifestyle Diet	Body By Vi (Visalus)	Nutrisystem	Jenny Craig
Preserves Muscle Mass ²	YES	NO	NO	NO	NO	NO
All Natural Ingredients	YES	NO	NO	NO	NO	NO
Average Cost per Day	\$10.67	\$14.89	\$10	\$8.33	\$12.76	\$18
Published Clinical Studies Showing Program Works	YES	YES	NO	NO	YES	NO
Lifestyle Change Program ³	YES	YES ⁴	YES ⁵	NO	YES	YES
3 for FREE Referral Program	YES	NO	NO	YES	NO	NO

¹Based on information from company web sites

²30% protein and 10-12 grams of leucine/day

³12-weeks of lifestyle makeover videos, daily email support, weekly support calls lead by doctors,

⁴Lifestyle tips and "health coaches"(no professional degree or training required)

⁵Weekly Lifestyle lesson plan