
NUTRITIONAL SUPPORT USING THE ULTRAMEAL® PROGRAM IN A PATIENT WITH ALTERED BODY COMPOSITION AND HYPERLIPIDEMIA

Purpose

To show how targeted nutritional support featuring the UltraMeal Program may be useful in some patients with altered body composition and hyperlipidemia.

Patient's Presentation and History

A 40-year-old female presented with concerns relating to altered body composition and depression. At the time of presentation, she had recently quit her job and was under disability. The patient described herself as a "total sugar addict." She noted no dietary intolerances or sensitivities. The patient had been diagnosed with manic depression 20 years earlier, for which she had been placed on multiple medications and hospitalized several times. She also had a maternal and paternal family history of diabetes and heart disease.

Patient's Objective Information

- Height: 66"; Weight: 300 lb; BMI[†]: 48.4
- Total cholesterol (246 mg/dL), LDL cholesterol (142 mg/dL), and triglycerides (273 mg/dL) were elevated
- Prescriptive medications included lithium (1500 mg/day), bupropion HCl (300 mg/day), risperidone (1 mg/day), and topiramate (100 mg/day)

Plan

During the initial 3-week period, the patient was instructed to follow a personalized UltraClear PLUS detoxification program that included:

- UltraClear PLUS Medical Food, 3-5 servings daily
- Dietary protocol that included rice, olive oil, miso, teas, and unlimited vegetables and fruits
- Herbal tincture with dandelion and milk thistle for liver support
- Blend of soluble and insoluble fibers in a 1:1 ratio, 1-3 times per day

After the initial 3-week cleansing period, the patient's protocol was changed to the following:

- UltraMeal Medical Food, 2 scoops bid
- 1400 calories/day dietary program
- Essential fatty acid supplement (300 mg EPA and 200 mg DHA), 2 softgels bid

- Nutritional supplement featuring vanadium and select B vitamins to support healthy glucose levels, 2 tablets qd
- Herbal supplement featuring fenugreek to support healthy glucose metabolism, 2 tablets qd

3 Week Results

At 3 weeks, the patient completed the UltraClear PLUS detoxification program and was instructed to begin the UltraMeal Program.

6 and 9 Week Results

By the 6th week, the patient had successfully incorporated the UltraMeal Program. She had lost 23 lb and her blood lipids had normalized.

The patient lost a total of 30 lb after 9 weeks. She was greatly encouraged by the results.

6 and 7 Months Results

After 6 months on the UltraMeal Program, the patient's hyperlipidemia remained resolved and her total cholesterol-to-HDL cholesterol ratio had improved considerably. Although both levels were just above the normal reference range, her triglyceride levels and triglyceride-to-HDL cholesterol ratio had also improved substantially.

The patient was extremely pleased with the results after 7 months on the program. She reported that the program had changed her life, stating "I can't begin to tell you the impact of my success and how wonderful I feel." The patient was exercising every day and noted improvements in her energy level. Her BMI[†] had decreased to 38.4 and her weight was 238 lb, for a total loss of 62 lb.

Conclusion

This case study suggests that targeted nutritional support featuring the UltraMeal Program in conjunction with a specialized diet and regular exercise, may improve body composition and blood lipid levels.

Figure 1

After 58 weeks, the patient had markedly decreased her body fat percentage from 52% to 32%.

This result suggests a substantial improvement in the patient’s body composition (lean muscle-to-fat-ratio) with targeted nutritional support featuring the UltraMeal Program.

38% Reduction in Body Fat

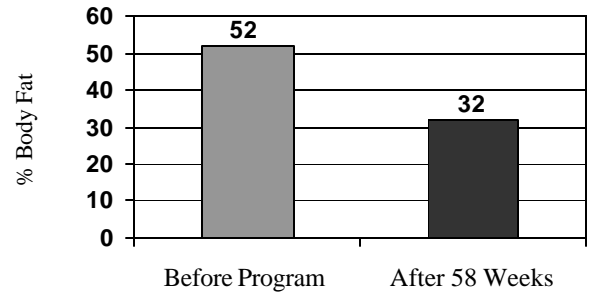


Figure 2

The patient’s total cholesterol was reduced from 219 mg/dL to 137 mg/dL (reference range: 120-200 mg/dL) after 46 weeks on the program.

The results suggest a notable decrease in total cholesterol.

37% Reduction in Total Cholesterol

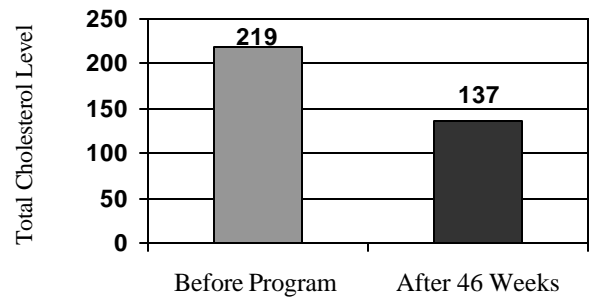
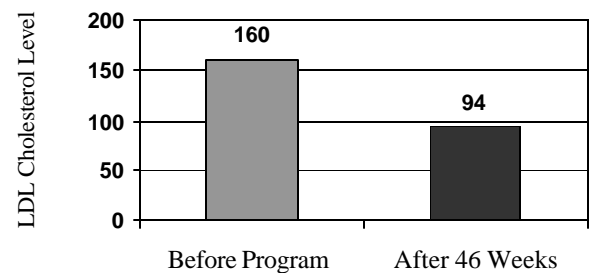


Figure 3

After 46 weeks, the patient’s LDL cholesterol was also reduced from 160 mg/dL to 94 mg/dL (reference range: <130).

This result suggests a considerable improvement in LDL cholesterol levels.

41% Reduction in LDL Cholesterol



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[†]BMI is the Body Mass Index and is computed by the weight (kg) divided by the square of the height (m).

Note: The information provided in this case study describes the results of one patient under the care of a licensed healthcare practitioner and may not be a typical response. UltraMeal medical food is to be used under the supervision of a physician or other licensed healthcare practitioner.

Case Study: Nutritional Support Using UltraMeal in a Patient with Altered Body Composition and Hyperlipidemia. Metagenics, Inc; 014CHOL1103.