

Weight Loss Comparative Analysis

Weight Loss System	Nutrisystem	Slimfast	Weight Watchers	Jenny Craig	Medifast	NuLean
Type of program	Meal replacement	Meal replacement	Counting calories	Meal replacement	Eating foods plus meal replacement	Meal replacement
Backed by a medical study proving weight loss	No	No	No	No	Yes	Yes
Average pounds lost	4 to 8 pounds per month	None specified by company	4 to 8 pounds per month	4 to 8 pounds per month	8 to 20 pounds per month	10 to 20 pounds per month
Promotes exercise as specific part of plan	No	No	Yes	No	No	Yes
Ingredients	Many chemicals and sugars in products	Many chemicals and sugars in products	Does not provide products	Many chemicals and sugars in products	Many chemicals in products	100% natural ingredients
Cleanses the body of toxins	Does <u>not</u> promote cleansing of toxins	Does <u>not</u> promote cleansing of toxins	Does <u>not</u> promote cleansing of toxins	Does <u>not</u> promote cleansing of toxins	Does <u>not</u> promote cleansing of toxins	<u>Does</u> promote cleansing of toxins
Doctor supervised for safety and best results	No	No	No	No	No	Yes
Average cost per week	\$113.52	\$77.73	\$96.64	\$137.65	\$77.00	\$64.74