



MAVIS MEDIX
Exceptional Care, Without Exception

WORKING
TOGETHER TO
PROVIDE
THE BEST
POSSIBLE CARE
FOR YOU.

Exceptional Care,
without Exception

FIND US AT:

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OUR VALUES

Supporting Your Weight

Journey Towards "Best Weight"

The OPTIFAST® is supervised by **Dr. Saima W. Khan** who is an expert in Weight Management. This program is designed to help you explore your Values, achieve your Best Weight, learn new Skills, and make Positive Lifestyle Changes.

Scientific & Research- Based Approach

OPTIFAST is the only Meal Replacement approved by Health Canada for Weight Loss and Maintenance. Our program offers behavior modification counseling, MR, and if needed Anti-Obesity Medications (AOM) based on the current standard of Obesity Management.

Patient Education

Our program consists of 3 phases: Active Weight Loss, Transition, and Maintenance. Physician and Bariatric Educator will provide Consistent, Structured and Personalized Behavioral Support. We also educate patients and their families on Obesity Stigma and Biases to increase awareness.



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OPTIFAST

A COMPLETE,
MEDICALLY-
SUPERVISED WEIGHT
MANAGEMENT
PROGRAM,
SCIENTIFICALLY
PROVEN TO GET
RESULTS.

Health Canada
Approved

"BEST WEIGHT" APPROACH

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THE OPTIFAST® PROGRAM

By integrating the expertise of Physicians, Bariatric Educators and Behavioral Counsellors with a premium quality nutritional formula, this Meal Replacement (MR) program has clinically-proven success to holistically treat the person, not just their weight.

Patients are assessed by a Physician and are medically supervised throughout the program. They are also given the tools and skills during weekly sessions to help them manage their new "Best Weight"

Designed for those who have a body mass index (BMI) greater than 27 with at least 1-weight-related health problems, such as: Hypertension, Type 2 Diabetes, Osteoarthritis, Sleep Apnea, etc. or those with BMI > 30.

The benefits of the OPTIFAST® 900 Meal Replacement include:

- Complete, Balanced Nutrition
- Precise Calorie Control
- Pre-portioned Servings
- Quick, Simple Preparation
- Fit for Busy Lifestyle



A
discontinuation
of diabetes
medications

12-15 %
average
decrease in
cholesterol

7-10 %
average
decrease in
blood pressure

14-20 %
average
weight loss

16 %
average
decrease in waist
circumference

\$81 for 2 Boxes (28 Sachets)

The OPTIFAST® program is
available at Mavis Medix
To learn more, visit

www.mavismedix.com

or call

+1-905-277-5454

Treatment Packages

A. Full Meal Replacement

- Ideal for BMI > 30 FULL Meal Replacement/day Very Low Calorie
- Restricted Diet (VLCR) 900 i.e. 4 OPTIFAST sachets/day
- Weekly visits with the Physician
- 2 sessions per week w/ Bariatric Counselor
- Regular blood work
- In person or virtual encounters
- Price: \$50 weekly for Program (\$200 m)
- Price: \$81 weekly for Meal (\$324 m)

B. Partial Meal Replacement

- Ideal for BMI 24.9-29.9
- TWO Meal Replacements/day
- Total Calorie Restriction 1100-1200/day
- 450 Cal OPTIFAST, 650-750 Cal meals
- Twice a month visit with the Physician
- 2-3 times/month w/ Bariatric Counselor
- Price: \$25 weekly for Program (\$100 m)
- Price: ~\$81 2 weeks for Meal (\$162 m)

C. Maintenance Program

- Maintaining "Best Weight" (6 months)
- 1-2 Meal Replacement/ day
- Visit with the Physician every 3 months
- Visit w/Bariatric counselor every 2 months
- 5 sessions in 6 months
- Price: \$300 for 6 months for Program (\$50 m)
- Price: ~\$405 for 6 months