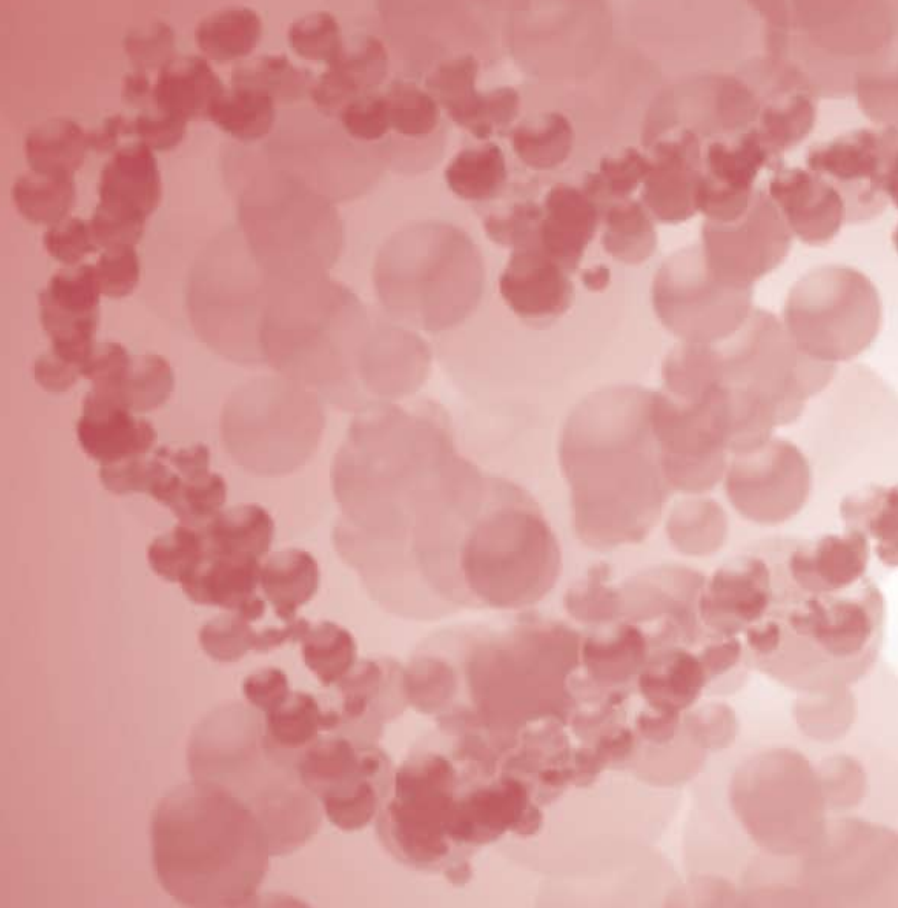


The Medifast Program and Anticoagulant Medications

What you and your doctor should know about the Medifast Program and blood-thinning medications



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From Medifast's Director of Nutrition

Achieving optimal health and weight control is not always a "one-size-fits-all" equation. Lifestyle choices and medical conditions can affect both your food preferences and requirements, which in turn have an impact on how you can best lose weight.

Medifast began with physicians and other health care professionals developing a safe, effective weight-loss method with lasting results. Decades later, the program and products continue to evolve. We thank you for choosing Medifast and encourage you to review the following recommendations with your doctor before you begin.

Overview



What are anticoagulant medications?

Anticoagulant (“anti-clotting”) medications are used to prevent blood clots or to stop an existing clot from getting larger. These drugs, sometimes referred to as “blood thinners,” include warfarin (Coumadin®), dalteparin (Fragmin®), danaparoid (Orgaran®), enoxaparin (Lovenox®), Heparin® (Hep-Lock, Hep-Pak, Hep-Pak CVC, Heparin Lock Flush), and tinzaparin (Innohep®).

Anticoagulant medications are used for several different conditions but most commonly to prevent blood clots from forming after a surgical procedure and to reduce the risk of stroke or heart attack.

Why are anticoagulant medications a concern with the Medifast Program?

People who take anticoagulant medications need to be aware of their intake of foods that are high in vitamin K. Vitamin K, a fat-soluble vitamin, plays an important role in helping blood to clot. Anticoagulant medications work to decrease the activity of vitamin K in the body, and a consistent vitamin K intake is needed to help anticoagulant medications work as effectively as possible. The Medifast 5 & 1 Plan provides a consistent intake of vitamin K and works well for people who are taking blood thinners.

What’s the vitamin K content of the Medifast 5 & 1 Plan?

The daily value for vitamin K is 80 mcg (*micrograms*); each Medifast Meal provides a range of 20 to 35% of the daily value (16-28 mcg *per serving*) for vitamin K, which means that when following the Medifast 5 & 1 Plan (where five Medifast Meals are consumed), the total average is approximately 80 to 100 mcg per day of vitamin K.

The Lean & Green Meal can also contribute to the total amount of vitamin K consumed in a day. Careful choices from the recommended vegetable list for the **Medifast 5 & 1 Plan** can help keep this additional vitamin K to a minimum (see chart on page 5). Your total daily intake of vitamin K is important for your doctor to know so that he/she can closely monitor your International Normalized Ratio (*INR*) and Prothrombin Time (*PT*) laboratory tests and adjust your medication as needed.

Medifast Meals

Medifast Meals **LOWEST** in vitamin K content

Medifast Meals	16 mcg each (20% of daily value)	20 mcg each (25% of daily value)
Shakes	<ul style="list-style-type: none"> • Medifast 55 Shakes (Dutch Chocolate, Swiss Mocha) • Appetite Suppression Shakes (all flavors) • Medifast Plus for Diabetics Shakes (Strawberry) • Medifast Plus for Joint Health Shakes (Vanilla) • Medifast Shakes featuring antioxidants (all flavors) 	<ul style="list-style-type: none"> • Medifast 55 Shakes (French Vanilla, Strawberry Crème, Orange Crème, Banana Crème) • Medifast 70 Shakes (all flavors) • Ready-to-Drink Shakes (all flavors) • Medifast Plus for Diabetics Shakes (Vanilla, Chocolate) • Medifast Plus for Joint Health Shakes (Chocolate) • Momentum by Medifast Meals (all flavors)
Cold Drinks	<ul style="list-style-type: none"> • Tropical Punch Fruit Drink • Cranberry Mango Fruit Drink • Peach Iced Tea • Raspberry Iced Tea 	
Hot Drinks	<ul style="list-style-type: none"> • Hot Cocoa 	<ul style="list-style-type: none"> • Chai Lattè • Cappuccino
Oatmeal		<ul style="list-style-type: none"> • Oatmeal (all flavors)
Soups	<ul style="list-style-type: none"> • Cream of Broccoli Soup • Cream of Chicken Soup 	<ul style="list-style-type: none"> • Cream of Tomato Soup • Chicken Noodle Soup • Chicken & Wild Rice Soup • Homestyle Chili • Beef Vegetable Stew • Maryland Crab Flavored Soup
Puddings	<ul style="list-style-type: none"> • Chocolate, Banana 	<ul style="list-style-type: none"> • Vanilla
Bars	<ul style="list-style-type: none"> • Crunch Bars (yellow wrapper) (all flavors) • Maintenance Bars (green wrapper—limit to one per day on the Medifast 5 & 1 Plan) (Caramel Nut) 	<ul style="list-style-type: none"> • Maintenance Bars (green wrapper—limit to one per day on the Medifast 5 & 1 Plan) (Oatmeal Raisin, Chocolate Mint)
Other Meals	<ul style="list-style-type: none"> • Cinnamon Pretzel Sticks • Honey Mustard Pretzel Sticks • Parmesan Cheese Puffs • Chili Nacho Cheese Puffs 	<ul style="list-style-type: none"> • Scrambled Eggs

Vegetables for the Lean & Green Meal

	Lower Carb	Higher Carb	
Lowest Vitamin K Content	Mushrooms, white (½ cup)	Mushroom, portabella (½ cup)	Kohlrabi (½ cup)
	Radishes (½ cup)	Fennel bulb (½ cup)	Turnips (½ cup)
	Cucumber (½ cup)	Eggplant (½ cup)	Winter squash: spaghetti squash (½ cup)
	Sprouts: alfalfa (½ cup)	Summer squash: scallop (½ cup)	Summer squash: straightneck (½cup)
	Celery (½ cup)	Summer squash: zucchini (½ cup)	Summer squash: crookneck (½ cup)
	Iceberg lettuce (1 cup)	Cauliflower (½ cup)	Tomato, red ripe (½ cup)
	Sprouts: mung bean (½ cup)	Asparagus (½ cup)	Peppers: green, red, yellow (½ cup)
	Spring mix (1 cup)	Cabbage (½ cup)	Green or wax beans (½ cup)
	Romaine lettuce (1 cup)	*Spinach, cooked (½ cup)	Cabbage, red (½ cup)
	Butterhead lettuce (1 cup)	*Kale, cooked (½ cup)	Okra (½ cup)
	Green leaf lettuce (1 cup)		Scallions, raw (½ cup)
	Watercress (1 cup)		Broccoli (½ cup)
	Endive (1 cup)		*Collard or mustard greens, cooked (½ cup)
	*Turnip greens, fresh/raw (½ cup)		
	*Spinach, fresh/raw (1 cup)		
	*Collard greens, fresh/raw (1 cup)		
Highest Vitamin K Content	*Mustard greens (1 cup)		

*Limit these vegetables to only one serving per day.

SAMPLE Meal Plan – Day ONE	
1st Medifast Meal	Medifast French Vanilla Shake
2nd Medifast Meal	Medifast Cranberry Mango Fruit Drink
3rd Medifast Meal	Medifast Cream of Chicken Soup
4th Medifast Meal	Medifast Peanut Butter Crunch Bar
Lean & Green Meal	6 ounces broiled swordfish 1 cup iceberg lettuce ½ cup diced tomatoes and ½ cup diced cucumber 2 Tbsp low-carbohydrate salad dressing
5th Medifast Meal	Medifast Chocolate Pudding

SAMPLE Meal Plan – Day TWO	
1st Medifast Meal	Medifast Dark Chocolate Shake with antioxidants
2nd Medifast Meal	Medifast Lemon Meringue Crunch Bar
Lean & Green Meal	5 ounces grilled pork chop 1-½ cups steamed asparagus
3rd Medifast Meal	Medifast Peach Iced Tea
4th Medifast Meal	Medifast Cream of Broccoli Soup
5th Medifast Meal	Medifast Hot Cocoa

Vitamin K is an important vitamin for all people to include in a healthy diet; however, while taking anticoagulant medications it is crucial to get a *consistent* intake of vitamin K. If you are currently taking *any* anticoagulant medications, we highly recommend discussing the vitamin K content of Medifast Meals and products with your physician before starting the Medifast 5 & 1 Plan.



For more information about this specialized program, call (800) 509-1281.



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