

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 + meal replacement	Eating foods + meal replacement
Backed by a medical study proving weight loss	No	No	No	No	Yes	Yes
Average pounds lost	4 - 8 lbs. per month	None specified by company	4 - 8 lbs. per month	4 - 8 lbs. per month	8 - 20 lbs. per month	10 - 20 lbs. per month
Promotes exercise as specific part of plan	No	No	Yes	No	No	Yes
Ingredients	Many chemicals & sugars in product	Many chemicals & sugars in product	Does not provide product Info	Many chemicals & sugars in product	Many chemicals in product	100% natural ingredients
Cleanse the body of toxins?	Does not promote cleansing of toxins	Does 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