

# Metabolic Syndrome

Strategic Diet Reduces Symptoms by 30% in 6 Weeks

Dear Therapist,

In 2005 the International Diabetes Federation presented a new definition of Metabolic Syndrome (MTS), according to which the syndrome exists when the abdominal girth exceeds 94 cm in men and 80 cm in women and when at least two of the following disorders are present:

- Elevated triglycerides over 150 mg/dl
- HDL cholesterol below 50 mg/dl in women and below 40 mg/dl in men
- Hypertension (systolic over 130 mmHg or diastolic over 85 mmHg)
- Fasting plasma glucose of at least 100 mg/dl or type 2 diabetes

The symptoms of Metabolic Syndrome include an immensely heightened risk of atherosclerotic changes and the onset of type 2 diabetes mellitus.

In order to scale down these symptoms it is therefore essential to lose weight and reduce visceral adiposity.

As such, it is only logical, as recommended by the evidence-based guidelines issued by the DDG [German Diabetes Association] for treating this form of diabetes, to give priority to the non-medical method involving the change of lifestyle and diet aimed at weight reduction.

Unequivocal scientific results verify a recommended daily consumption of approx. 100g of Almased® Vital Nourishment for six weeks for patients with MTS. After that Almased® Vital Nourishment can still be a valuable part of daily nutrition. The initial six-week diet strategy clearly increases the patients' motivation and eases the transition to the permanent change of lifestyle which is the desired goal from a medical point of view.

## Why is Almased® Important in a Diet Program?

The table shows significant advantages in using Almased® as a dietary supplement in comparison with the same diet program without Almased®, not only in terms of body weight and waist circumference but also in terms of the all-important metabolic balance which is evident in significantly lower levels of triglycerides, leptin and insulin, amongst other things.

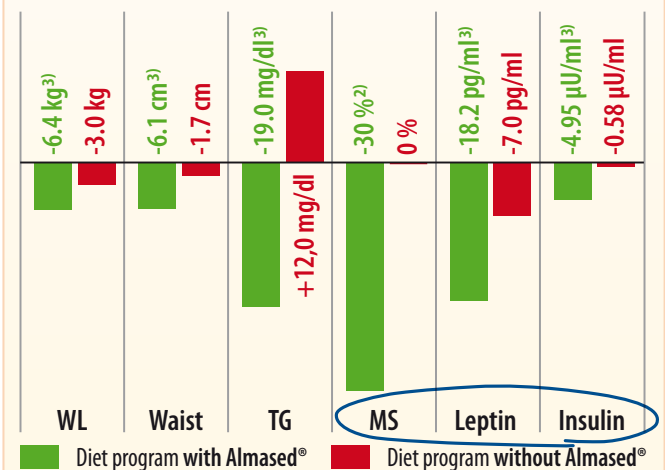
**The onset of Metabolic Syndrome was only reduced in the Almased® group (minus 30%)**

It therefore follows that:

**A diet supplemented by Almased® has medical and cosmetic benefits for your patients!**

## Lifestyle intervention with and without Almased®

Results after 6 weeks – the period with the maximum intake of Almased®<sup>1)</sup>



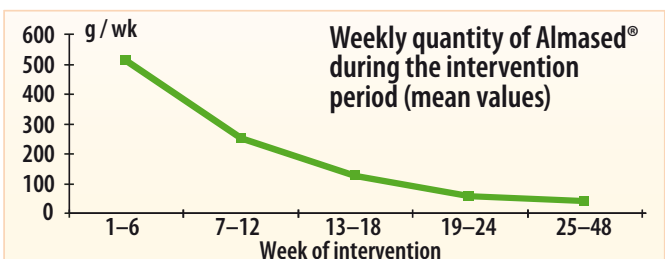
WL: Weight loss; TG: Triglycerides; MS: Onset of Metabolic Syndrome in the group (change); figures are mean values;  
Notes: 1) Strategy: 3 meals a day, consumption of 2 Almased meals and one normal meal a day; 2) p < 0.05; 3) p < 0.01

D. König et al., submitted; Berg et al. Nutrition Review 2005; 52 (8): 310–314

Prof. Dr. med A. Berg, university hospital Freiburg 2005:

*“The reduction in the levels of leptin and insulin was only significant in the Almased® group and higher than could be expected through weight loss alone”*

*This points to the particular impact of a diet supplemented by Almased® on the determining metabolic parameters.*



Berg et al.: Weight loss through lifestyle intervention. Nutrition Review 2005; 52 (8), 310-314