

You're Strong. You're Magnificent. You're a New Mom!

For nine months you've nourished and developed your baby through a healthy, balanced diet. Now, it's time to reclaim control over your body, revitalize your energy and lose weight, because healthy families begin with healthy moms. WonderSlim for Nursing Mothers can help you reach your

WonderSlim® Nursing Mothers Plans are specifically designed to meet the unique nutrition and weight management needs of new moms. The combination of WonderSlim® Meal Replacements, WonderSlim® Meal Supplements and real "grocery store foods" provide nursing mothers with a healthy nutritional balance, perfectly portioned and designed to promote convenient and gradual weight loss by providing ideal protein levels and a reduced intake of calories, carbs and fats. Don't worry, you won't feel like you're eating baby food to get your figure back.



Getting Started

What's Included?

Your selected plan will include ALL of the WonderSlim products that you will need to follow your selected plan. Be sure to review over your Daily Meal Plan, Grocery Food Selection List, Food Diary and the enclosed Lifestyle Guide.

Now on to a few frequently asked questions. Be sure to check out all of our FAQ's in the included lifestyle guide and on our website: wonderslim.com/wonderslim-faq.html

Timing: When to Start Your Diet

Before beginning a weight loss program after childbirth, it's important to get physician approval. It is generally recommended that breastfeeding women wait for 6-8 weeks before attempting active weight loss, as your body needs time to recover from childbirth and establish a good milk supply. If you are not nursing, The University of Rochester Medical Center advises all new mothers to wait at least 6 weeks after delivery to begin a weight reduction diet such as the WonderSlim® for Nursing Mothers Program. Good postnatal nutrition can help you recover from the stresses of childbirth and the effort of caring for a new baby.

Nursing & Calories

All breastfeeding women need an extra 500 calories per day to make enough breast milk in order to provide adequate milk supply. (1) We offer meal plans for nursing mothers that range from 1800 up to 2000 calories per day. As a starting point, most women will begin their plan at 1800-2000 calories. If at this calorie level you lose more than 1 pound per week, it may be too few calories for you and your caloric level would need to be adjusted to a higher intake level. Your caloric level should be coordinated with your OBGYN and/or baby's pediatrician to ensure the caloric restriction is not compromising your milk production. As you wean your baby off breast milk, your body will gradually be able to handle lower calorie levels.

References:

1) Institute of Medicine. *Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients)*. Washington DC: National Academy Press, 2005.

Nursing & Calories

DHA supports the brain, eyes and central nervous system which is why it is uniquely important for pregnant and lactating women. DHA is crucial to the development of your baby's nervous system, and may improve outcomes such as:

- Eye-hand coordination
- Motor skills
- Attention span

Developing infants cannot efficiently produce their own DHA and must obtain this vital nutrient from breast milk after birth. Breast milk DHA levels are dependent on the mother's diet. Expert panels recommend at least an intake of 200-300mg/day of DHA for nursing women. Unfortunately, most women do not get enough DHA in their diets. On average, nursing women in North America consume 60-80mg of DHA a day, only 20-40% of the recommended intake. Because of a low DHA dietary intake, American women reportedly have lower DHA levels in their breast milk than their international counterparts. Recognizing the importance of maternal DHA intake, a **WonderSlim® DHA supplement** is provided with the WonderSlim® Nursing Mothers Plan. Our supplement contains *life'sDHA™*.



The *life'sDHA™* Advantage - a Vegetarian Source of DHA

Most people believe that fish are a rich source of DHA, when in fact fish get DHA from the algae in their food chain. *life'sDHA™* goes straight to the source, producing DHA from the same microalgae sources fish get it from. Unlike most DHA supplements, *life'sDHA™* is a fish-free source of DHA from algae and is therefore free from concern of ocean-borne contaminants. (8) The ingredient has been granted Generally Regarded As Safe (GRAS) status for use in infant formula by the FDA, and is used in 99% of infant formulas in the United States. (2,3).

References:

- 2) Hornstra G. **Essential fatty acids in mothers and their neonates.** *Am J Clin Nutr.* 2000;71(5)(suppl):1262S-1269S.
- 3) DSM, formerly Martek Biosciences Corporation. **2009 Annual Report.** Columbia, MD.

The Importance of Protein

The daily recommended intake (DRI) of protein for adult women is about 46 grams a day. One important exception is pregnant or lactating women, when the daily recommended intake (DRI) rises to 71 grams of protein a day. (4) Three (3) servings of WonderSlim® Meal Replacement Pudding/Shakes or Smoothies per day provide 45 grams of protein. The WonderSlim® for Nursing Mothers Meal Plans follow the principles of high protein diets to help prevent loss of lean muscle and to promote satiety. The Nursing Mother's Meal Plans provide approximately 30-35% of the calories from protein while non-nursing meal plans provide approximately 35-40% of the calories from protein. See individual meal plans for specific protein levels.

References:

- 4) Motil KJ, Sheng HP, Kertz BL, Montandon CM, Ellis KJ. **Lean body mass of well-nourished women is preserved during lactation.** *Am J Clin Nutr.* 1998 Feb;67(2):292-300.

This program and any of its materials do not constitute medical advice or substitute for medical treatment.

Because every mother and her baby have unique needs it's important to get approval from your OBGYN and/or baby's pediatrician before beginning this weight management program.