

*Combined diet*<sup>®</sup>  
with **PROTEONORM**



An integrated dietary protocol  
to obtain the best compliance  
of the overweight and obese patient.

**DIETOSYSTEM**

Wellbeing as science



# PROTEONORM

## + Personalised Diet

The *Combined Diet*<sup>®</sup> with **PROTEONORM** represents the the qualified answer to the need for a rapid weight loss, in the event of overweight and obesity.

The *Combined Diet*<sup>®</sup> protocol with **PROTEONORM** is divided into **5 phases** plus two additional: the **preparation phase** (optional) lasting one week, **pre-treatment diet** and **phase 0** or **pre-bariatric**, in which the feeding occurs exclusively through an amino acidic mixture.

All the protocol phases involve the consumption of **PROTEONORM**, whose quantity is calculated based on the patient's weight as well as with a drastic reduction of carbohydrates. The optional introduction of high-protein hypoglucidic products of the new **PROTEOFOOD** line is permitted, right from the earliest and most restrictive stages.

WEIGHT LOSS			TRANSITION			MAINTENANCE
Preparation	Phase 0	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5

### OPTIONAL PHASE - Preparation

(7 days)

- ▶ A slightly hypocaloric detoxifying menu. Integration of 1 sachet/day of **PROTEONORM** amino acidic mixture.
- ▶ Integration of 2 **DRENORM** stick-packs a day to proote the body's purification and water balance.

### PHASE 0 - Pre-bariatric diet

(10 days)

- ▶ Pre-bariatric surgery diet for patients with a BMI ≥ 40
- ▶ Feeding using only **PROTEONORM** amino acidic mixture. About 10-15 sachets/ days.

### PHASE 1 - Attack diet

(from 14 to 21 days)

- ▶ Diet consisting of a drastic reduction of carbohydrates and the introduction of lean meats and vegetables with a low glycemic index. Customised protein supplementation using the **PROTEONORM** amino acid mixture. Approximately 3-4 sachets/day.
- ▶ Optional introduction of a single food item of the **PROTEOFOOD** line, to be chose from the products allowed in this phase.

### PHASE 2 - Transition diet 1

(from 7 to 14 days)

- ▶ Low-calorie diet with a slight introduction of carbohydrates and personalised nutrition with lean meats and vegetables with a low glycemic index. Integration of 2 sachets/day of **PROTEONORM** amino acidic mixture.
- ▶ Optional introduction of a single food item of the **PROTEOFOOD** line, to be chose from the products allowed in this phase.

### PHASE 3 - Transition diet 2

(from 7 to 14 days)

- ▶ Low-calorie diet with a slight introduction of carbohydrates and personalised nutrition with lean meats and vegetables with a low glycemic index. Integration of 2 sachets/day of **PROTEONORM** amino acidic mixture.
- ▶ Optional introduction of a single food item of the **PROTEOFOOD** line, to be chose from the products allowed in this phase.

### PHASE 4 - Transition diet 3

(from 7 to 14 days)

- ▶ Slightly low-calorie diet with increased carbohydrates intake and personalised nutrition with lean meats and low-glycemic vegetables. Integration of 2 sachets/day of **PROTEONORM** amino acidic mixture.
- ▶ Optional introduction of a single food item of the **PROTEOFOOD** line, to be chose from the products allowed in this phase.

### PHASE 5 - Maintenance diet

(from 7 to 14 days)

- ▶ Normocaloric diet on the model of the Mediterranean diet. Introduction of 1 sachet/day of **PROTEONORM** amino acidic mixture.
- ▶ Use of healthy and balanced foods in order to maintain a healthy weight.

The diet requires the intake of at least 2 liters of mineal water per day.

During the protocol we recommend the following:

- 2 stick-packs of **DRENORM** per day to promote the purification and the water balance of the body
- 1 sachet per day of **PROTEOFOOD** to promote the basic/acid balance of the organism.

**PROTEOFOOD** foods allow the reintroduction of "forbidden foods" guaranteeing the sustainability of the ketogenic diet treatment with greater patient compliance, The progressive reintroduction of carbohydrates, in the 3 transition phases, facilitates the stabilisation of weight loss. The maintenance phase is the final step of the food protocol with a Mediterranean style menu proposed.

# How to proceed



The **Combined Diet**<sup>®</sup> with **PROTEONORM** represents the answer to the need for rapid weight loss where the objective conditions of the patient allow it.

It is recommended, when undertaking **Combined Diet**<sup>®</sup> with **PROTEONORM**, to monitor at least once a week the serological parameters of the patient and periodically assess the changes in the FFM compartment and the level of hydration of the patient with impedance analysis, in addition to verifying the patient's ketosis.

## FOR ALL NUTRITION EXPERTS (Doctors and Nutritional Biologists)

The **Combined Diet**<sup>®</sup> with **PROTEONORM** can be processed directly online at [www.combineddiet.it](http://www.combineddiet.it) after having registered (free of charge). Access to the site is exclusively reserved to Doctors and Nutritional Biologists, who have been identified through the WelfareLink protocol in order to safeguard the patient and guarantee exclusive use to qualified health professionals. After registration, the user accesses his dedicated area where:

- patient data is entered
- body composition obtained through the impedance method is entered
- the food plan is developed
- the report with the header of your office is printed
- the prescription of **PROTEONORM** which includes the **purchase code**<sup>\*</sup> is printed

**PROTEONORM** is supplied:

- To the nutritionist who prescribes it to his patient or alternatively
- To the patient who will purchase the product directly from Dietosystem, through the Contact Centre, Fax or Website by providing the **purchase code**<sup>\*</sup>



## FOR DIETOSYSTEM USERS

If you are already a user of the **Dietosystem Nutritional Suite**<sup>®</sup>, request the free **Combined Diet**<sup>®</sup> with **PROTEONORM** module and receive an updated software that will allow you to manage the patient, prescribe the DIET and **PROTEONORM** as well as manage and monitor the nutritional state, if equipped with impedanceometry and plicometry.

From the software module the prescription will be available for printing, including the **purchase code**<sup>\*</sup>



(\*) Every single prescription generates a purchase code that guarantees that **PROTEONORM** is distributed exclusively on the basis of a non-repeatable nutritionist's prescription.

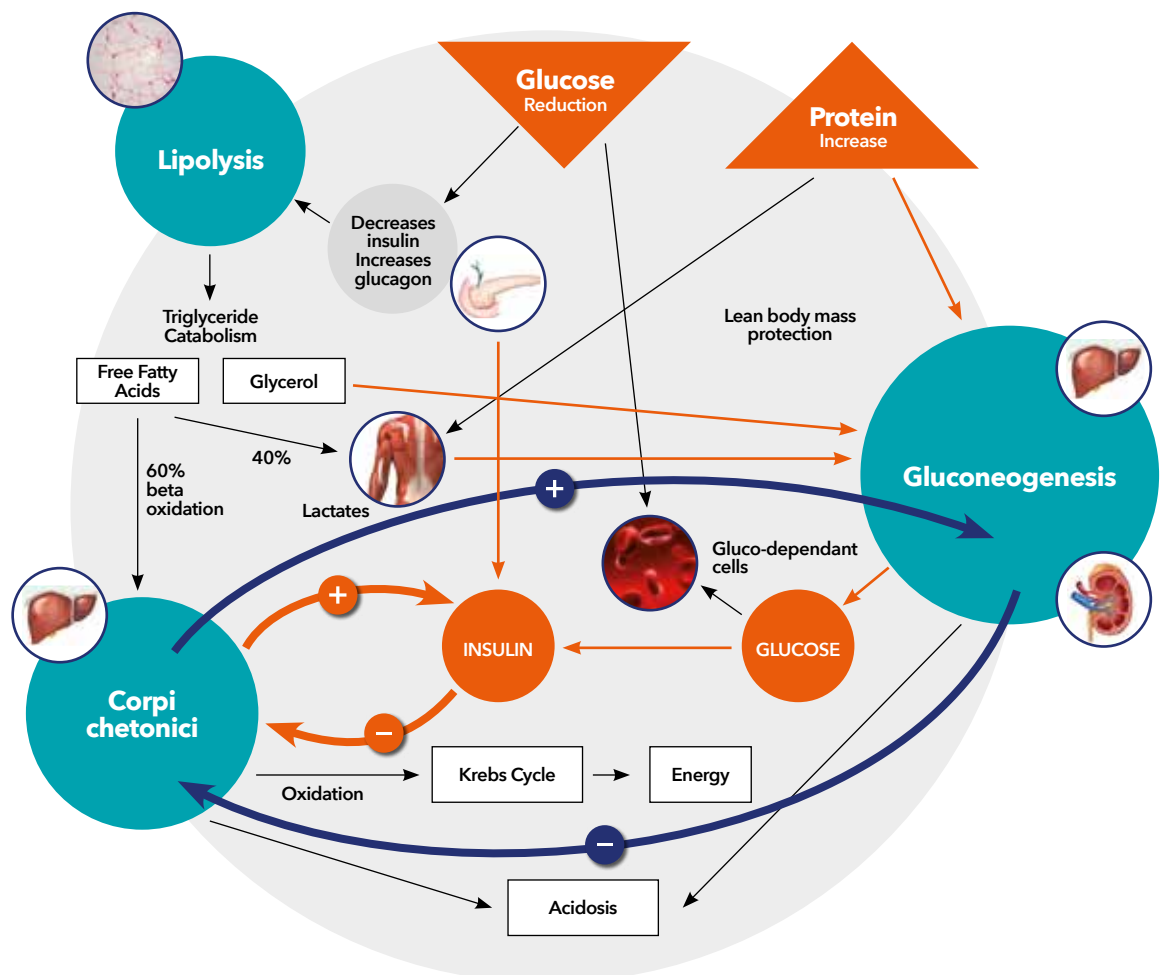
# Combined diet<sup>®</sup> with PROTEONORM

Traditional methods for weight reduction include **low calorie diets** (800 – 1500 kcal/day) balanced in nutrients and accompanied by regular physical exercise. A “low carbohydrate diet” is a diet that includes less than 60 grams of carbohydrates a day and is slightly high in protein, that foresees the intake of protein based on the ratio of 1 to 1.5g per kilo of ideal body weight.

G.L. Blackburn (Harvard Medical School) coded the minimum amount of protein needed to protect the organisms lean body mass in 1,2 – 1,5 grams per Kilo of ideal weight<sup>1</sup> and applied it in the low-calorie-protein-sparing diets (Protein Sparing Modified Fast) identified by the acronym PSMF.

In 1993, the PSMF nutritional dietary protocol was validated by the FDA<sup>2</sup>, with the coding of the minimum daily amount of protein needed to ensure the equilibrium of the nitrogenous balance to avoid the mobilisation of protein reserves and the consequent reduction of lean mass.

The application protocol was then further improved by the Swedish school<sup>3</sup>. From 2003 to 2010 the Dutch Ministry of Health, as part of the obesity prevention program, indicates the low-calorie, protein-saving **diet treatment among the first-level treatments for the treatment of obesity**<sup>4</sup>.



---

*Combined Diet*<sup>®</sup> with **PROTEONORM** is a high protein and low carbohydrate content scheme. It generates two important processes, at metabolic level.



#### Modest Ketosis

Thanks to this you obtain a **reduction in the feeling of hunger**, helping you to avoid giving up the treatment and implement changes to your lifestyle, in a healthy way<sup>5,6</sup>.

#### Gluconeogenesis

With the reduction of carbohydrates, a rapid drop in insulin is obtained, which prevents fat storage and stimulates lipolysis, especially in those areas where fat deposits are located. The organism activates hepatic gluconeogenesis once the energy reserves (glycogen) are used up - this usually occurs after 48 hours. This process is critical in ensuring the amount of glucose for gluco-dependent cells, such as red blood cells, the brain and the retina.

---

## INDICATIONS AND CONTRAINDICATIONS

Like all medical treatments, even the low-calorie protein-saving diet has indications and contraindications that are already defined in the protocol<sup>7-8</sup>.

#### Indicated in cases of:

- Obesity: BMI > 30
- Overweight: > 25 BMI < 29
- Overweight associated with risk factors:
  - Diabetes mellitus type 2 (and insulin resistance)
  - Dyslipidaemia
  - Metabolic Syndrome
  - Asthma
  - Sleep Apnoea
  - Locomotor system Disorders
- Aesthetic reasons
  - Localised Adiposity
- Pre-Surgery
- Intense Physical Activity

#### Contraindicated in cases of:

- Type 1 (insulin dependent) diabetes mellitus
- Renal impairments
- Severe hepatic insufficiency
- Heart failure
- Previous strokes
- Pregnancy and breastfeeding
- Severe psychiatric disorders
- Evolutionary neoplasms
- Boys/girls in developmental age
- Senior citizens
- Psychogenic compulsive feeding disorders

---

#### References

1. Diabetes. 1976 Jun;25(6):494-504.
2. The National Task Force on the Prevention and Treatment of Obesity. Very Low-Calorie Diets. JAMA 1993;270:967-74
3. Lancet 1997; 350: 423-6
4. DEHKO- Finnish Diabetes Association 2003
5. Asia Pac J Clin Nutr. 2006;15 Suppl:49-54. State of the science: VLED (Very Low Energy Diet) for obesity. Delbridge E, Proietto J.
6. Finnish Diabetes Association. Development Programme for the Prevention and Care of Diabetes in Finland DEHKO 2000-2010.
7. Nutr Diabetes. 2014 Feb 10;4:e105.
8. Int J Environ Res Public Health. Feb 2014; 11(2): 2092-2107.

For a constant updating of scientific works, refer to the news published on [www.combineddiet.com](http://www.combineddiet.com)

Food supplement made of soluble whey protein, enriched by Inositol, L-Carnitine, L-Cistine, Niacin, Magnesium, Potassium.

**PROTEONORM** is a food supplement useful in case of increased need or decreased protein intake in the diet.

## DOSAGE

As recommended by the nutritionist.

## DIRECTIONS

Pour the contents of the sachet into a large cup or glass and add water or other unsweetened beverages (coffee, barley, bitter cocoa, herbal tea, tea, chamomile) at room temperature in quantities that allow complete solubilisation.

## PROTEONORM COMPONENTS

**Whey protein:** micro and ultra-filtered with high solubility, is made up of oligopeptides that is highly assimilable by the organism and passed directly through the intestinal mucous membranes without undergoing digestive processes. Whey protein does not contain traces of lactose or fat, so it does not favour intolerance or allergic reactions. Whey protein has a very low glycemic index and contains all the essential, non-essential and semi-essential amino acids with a significant content of branch chain amino acids.

**Inositol:** facilitates the detoxification processes of the organism, especially in the liver. It also contributes to the metabolism of fats and helps reduce the concentration of cholesterol in the blood. Useful in case of constipation since it has a stimulating effect on the muscular action of the alimentary canal.

**L - Carnitine:** amino acid that the body uses to convert fatty acids into energy. In particular, it facilitates the entry of long chain fatty acids into the mitochondria. Here, they undergo an oxidation process in order to produce energetic molecules that can be used by the body.

**L - Cystine:** essential amino acid for the production of reduced glutathione, a molecule with an antioxidant detoxifying function for the body and in particular for the liver. Its action promotes the proper functioning of the immune system.

**Niacin:** acts in its two forms, the NAD and the NADP. It becomes part, in coenzymatic form, as an electron acceptor in many reactions concerning the metabolism of carbohydrates, fatty acids and amino acids. NAD intervenes in particular in the reactions of glycolysis, lipolysis and in the Krebs cycle. NADH intervenes in the metabolism of fats and steroids.

**Magnesium:** is involved in more than 300 enzymatic reactions in the body. It controls the nervous and muscular activity and participates in the metabolic processes of fats and protein synthesis.

**Potassium:** present in the form of an ion, mainly inside the cells but also in the extracellular fluids, influences the activity of the skeletal muscles and the myocardium. In particular, it regulates neuromuscular excitability, acid-base balance, water retention and osmotic pressure.



## INGREDIENTS AND NUTRITIONAL VALUES

	per 100g	per 3 sachets	
Energy	257.60 Kcal (1078.31 KJoule)	154.56 Kcal (646.98 KJoule)	
Fats	0.21 g	0.12 g	
– Saturated Fats	0.04 g	0.03 g	
Carbohydrates	1.75 g	1.05 g	
– Sugars	1.75 g	1.05 g	
Whey Protein	75.10 g	45.06 g	
Salt	0.14 g	0.09 g	
<b>Amino acid Profile (in g)</b>			
L-Glutamic Acid	12.67 g	7.59 g	
L-Leucine	8.10 g	4.86 g	
L-Aspartic Acid	7.70 g	4.62 g	
L-Lysine	6.90 g	4.14 g	
L-Isoleucine	6.00 g	3.60 g	
L-Valine	5.17 g	3.09 g	
L-Phenylalanine	4.69 g	2.82 g	
L-Threonine	4.69 g	2.82 g	
L-Proline	3.85 g	2.31 g	
L-Alanine	3.50 g	2.10 g	
L-Serine	3.22 g	1.92 g	
L-Histidine	3.00 g	1.80 g	
L-Methionine	3.00 g	1.80 g	
L-Tyrosine	1.82 g	1.08 g	
L-Tryptophan	1.70 g	1.02 g	
L-Cystine	1.54 g	0.93 g	
L-Arginine	1.47 g	0.87 g	
L-Glycine	0.98 g	0.60 g	
<b>with</b>			<b>%NRV* (per 3 sachets)</b>
Inositol	5.00 g	3.00 g	
L-Citrulline	1.00 g	0.60 g	
L-Ornithine	1.00 g	0.60 g	
L-Carnitine	1.00 g	0.60 g	
L-Cystine	0.50 g	0.30 g	
Niacine	0.05 g	0.03 g	187.4 %
Potassium Citrate	7.35 g	4.41 g	
– of which Potassium	2.50 g	1.50 g	75.0 %
Magnesium Citrate	2.67 g	1.59 g	
– of which Magnesium	0.40 g	0.24 g	64.0 %

\*NRV = nutritional reference values (in accordance with the regulation UE 1169/2011)

## WARNINGS

- Do not exceed the daily dose recommended by the nutritionist.
- Do not use during pregnancy and in children, or for prolonged periods of time or if suffering from any pathology, without consulting the doctor.
- Contains a source of phenylalanine.
- Keep out of reach of children below three years of age.
- The product must not be considered a substitute of a balanced diet and a healthy lifestyle.
- Keep in a cool and dry place.
- Do not use the product after the expiry date shown on the box and on each sachet.



[www.combineddiet.com](http://www.combineddiet.com)



Contact center +39 02 2800 5700

Fax +39 02 2817 2299

nutrizione@dsmedica.info

www.dsmedica.info

# DIETOSYSTEM

a DS MEDICA division

Office: Milan 20125, Viale Monza 133  
Branches: Rome, Viale Regina Margherita 302  
Naples, Via Jannelli 646

Certified **UNI EN ISO 9001:2008** e **UNI EN ISO 13485:2012**  
by **KIWA CERMET**