

## **Contraindications to Participation in the VLCD**

If you are aware that you have any of the following conditions or medical problems, you must notify the New Direction physician. The New Direction VLCD product or any other very low-calorie diet is not to be used when these conditions are present:

- Age less than 18 years
- Cancer, Metastasis
- Bone fractures
- Diabetes mellitus type 1 (Juvenile)
- Endocrine cause of obesity
- Active peptic ulcer disease, active gastric or duodenal ulcers
- Active inflammatory bowel disease
- Liver disease requiring protein restriction
- Renal insufficiency (creatinine clearance 2 ml/min)
- Mental retardation or mental illness
- Heart attack within last 3 months
- Pregnancy (actual or planned) within the next few months
- Surgery or trauma requiring a length of time for healing
- General anesthesia
- Sensitivity to aspartame (Nutrasweet)
- Sensitivity to milk protein
- Corticosteroid therapy
- Lithium treatment
- Treatment with phenothiazines tranquilizers, eg. Haldol or Thorazine
- Hyperuricemia(untreated)