



Premium Weight Management & GLP-1 Companion

NDIS Edition



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Registered
NDIS Provider

HOW NDIS FUNDING WORKS

The NDIS can provide funding for nutrition supports like meal replacement shakes and supplements if they are deemed necessary due to your disability. If you have difficulty preparing or eating food, the NDIS may also fund assistance with meal preparation. This includes using meal replacement shakes or bars as a nutritious, easy-to-consume alternative to traditional meals.

Formulite shakes and bars are nutritionally complete. They support muscle mass retention, enhance weight loss, and help prevent nutrient deficiencies by providing essential vitamins, minerals, and high-quality protein. With their balanced macronutrients Formulite products help control hunger, maintain energy levels, and support overall health.

Benefits of Meal Replacements

Nutrient Density

Protein dense Meal-replacement products such as shakes, bars, or other formulated foods can be used to supplement dietary intake and help meet protein needs.

Enhanced Weight Loss

Incorporating meal replacements can aid in weight management by providing controlled portions and balanced nutrition, especially beneficial for individuals with suboptimal dietary habits.

Convenience

These products offer a practical solution for individuals with limited appetite, time or access to nutrient-rich meals, ensuring consistent nutrient intake.

4 Step Process

To qualify for NDIS funding, you must provide evidence showing that meal replacement shakes or supplements are essential for your nutritional needs. This could include a recommendation from your dietitian or healthcare provider. If you have a medical condition, such as diabetes, that requires specific dietary support, we can help guide you through the steps.

1. Submit an Enquiry

2. Confirm Eligibility

3. Submit Invoice to NDIS for Reimbursement

4. Enjoy your products

SCAN
HERE!



Meal Plans

Replacing 1 meal per day

Breakfast
Formulite Shake or Bar

Morning Snack
Healthy Snack
2 Kiwi Fruit

Lunch
Omelette with 2 eggs, mushroom & capsicum

Afternoon Snack
Healthy Snack
1 medium orange

Dinner
Chicken Caesar Salad

Replacing 2 meals per day

Breakfast
Formulite Shake + Berries

Morning Snack
200g Greek Yoghurt

Lunch
1 Formulite Shake or Bar

Afternoon Snack
1 Kiwi Fruit + 30g Raw Almonds

Dinner
Thai Chicken Patties with Asian Salad

Replacing 3 meals per day

Breakfast
1 Formulite Shake

Morning Snack
½ Formulite Bar + Herbal Tea

Lunch
½ Formulite Bar + Greek Salad

Afternoon Snack
1 Formulite Shake

Dinner
1 Formulite Lupin Soup

Supper
2 Passionfruit & 1 Herbal Tea

Diet Tips:

- **Keep Up Protein Intake:** Protein is important to preserve muscle mass while losing weight.
- **Focus on Nutrient-Dense Foods:** Choose foods that are low in calories but high in vitamins and minerals to support overall health.
- **Mind Your Portions**
- **Drink Plenty of Water:** Staying hydrated can help manage hunger and support weight loss
- **Maintain adequate amounts of sleep and reduce stress levels** as these can both affect weight loss.

Foods to Include

- **Lean Proteins:** Chicken, turkey, fish, tofu, eggs—protein helps keep you full and supports muscle maintenance.
- **Vegetables:** Non-starchy vegetables like spinach, kale, broccoli, zucchini, and cauliflower.
- **Fruits:** Lower-sugar fruits like berries, apples, and pears.
- **Whole Grains:** Foods like quinoa, brown rice, and whole wheat pasta.
- **Healthy Fats:** Avocado, nuts, seeds, olive oil—these help you stay satisfied.

Foods to Avoid

- **Sugary Snacks:** Candies, cookies, cakes, and sugary desserts—they can cause cravings and interfere with weight loss.
- **Refined Carbs:** White bread, pasta, and pastries—these can spike hunger and cravings.
- **Fried and Greasy Foods:** Chips, fried chicken, and deep-fried snacks are high in calories and low in nutrients.
- **Sugary Beverages:** Soda, sweetened coffee, and energy drinks—they add unnecessary calories.
- **Alcohol:** Excessive alcohol can interfere with weight loss efforts and may increase cravings.



FORMULITE®

Meal Replacement Shakes

CHOC HAZELNUT, CREAMY VANILLA, COFFEE, BANANA AND HONEYCOMB










- Nutritionally complete meal replacement
- > 33g of quality whey protein
- < 10g carbs + 3.5 g naturally occurring sugar
- Added pre and probiotics
- Digestive enzymes to reduce stomach upsets
- Low lactose & gluten free

When
compared
to industry
leader

**74%
More
Protein**

**62%
Less
Sugar**

SEE HOW FORMULITE COMPARES

	 Formulite Vanilla Shake Per 55g Serve	 Optifast Vanilla Shake Per 53g Serve	 Optislim Platinum Plus Vanilla Shake Per 53g Serve	 Lady Shake Vanilla Shake Per 56g Serve	 Vita Diet French Vanilla Per 30g Serve	 Isowhey Madagascan Vanilla Per 32g Serve	 Isagenix IsaLean Shake French Vanilla Per 60g Serve
Mixed With	Water	Water	Water	Water	Water	200ml Full Fat Milk	200ml Skim Milk
Calories/Energy kJ	208/869	203/850	211/885	203/850	162/679	261/1090	237/970
Protein	34.8	20	20.5	29.4	12.3	22	24
Fat	3.6	4.6	5.8	2.1	1.0	9.5	7
Carbs	9.9	18.5	16.7	10.5	24.5	20.1	24
Sugars	3.8	12.7	1.6	2.3	5.7	14.5	12
Dietary Fibre	3.5	3.6	4.2	7.1	2.8	3.1	9
Lactose	2.4	11.7	8	1.7	18.1	14.1	-
Meal Replacement	✓	✓	✓	✓	✗	✗	✗
Probiotics	✓	✗	✗	✓	✗	✓	✓
Digestive Enzymes	✓	✗	✗	✗	✗	✓	✓
No Artificial Sweeteners	✓	✗	✗	✓	✗	✓	✗
No Added Sugars	✓	✗	✗	✓	✗	✓	✓
Naturally Sweetened	✓	✗	✗	✓	✗	✓	✓
Gluten Free	✓	✓	✓	✓	✓	✓	✓

Protein Bars

CHOC CRISP AND LEMON & COCONUT



- Meal replacement
- 20g High quality protein
- No protein aftertaste + excellent taste profile
- Low Lactose & Gluten Free
- +++ convenience

Protein Water

REGENERATIVE COLLAGEN *and* AMINO ACIDS



- Supports tissue repair and maintains muscle mass
- Electrolytes to aid hydration
- Enhanced amino acid profile with added BCAAs
- 15-16g protein per serve
- 1.4g carbs & 0.9g sugar
- 66-68 Calories per serve
- Gluten and dairy free



Lupin Soups

CHICKEN, BEEF, VEGETABLE



- Nutritious savoury snack or light meal
- 12-22g protein per serve
- 2.5g carbs & 1g sugar
- 7-10.5g dietary fibre
- Gluten and dairy free

Importance of Protein

Weight Loss – Fat Loss Vs Muscle Loss

Weight loss methods such as calorie restriction, intermittent fasting, bariatric surgery, and weight loss injectables often lead to the reduction of both fat and muscle.

Muscles provide:

Metabolic Function:

Muscle tissue is essential for energy expenditure and glucose metabolism, which helps with weight management and lowers the risk of metabolic disorders.

Structural Support:

Adequate muscle mass supports posture, joint stability, and balance, thus reducing the risk of falls and injuries.

Supporting Body Composition:

Preserving muscle while losing weight can result in a leaner, more toned appearance and can help prevent the “soft” look that sometimes occurs with weight loss.

Sarcopenia Prevention:

Maintaining muscle mass is essential to prevent sarcopenia, the age-related loss of muscle strength and function, which can lead to frailty and decreased quality of life.





FORMULITE®



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8 Reasons why Australian doctors and dietitians recommend Formulite:



1

Nutritionally Superior Formulation

Formulite products are crafted with a focus on high protein, low carb, and no artificial sweeteners. They include added probiotics and digestive enzymes for enhanced digestive health.

2

Smooth Texture and Great Taste

Our shakes and bars are designed to taste great with a less sweet profile and smooth texture, ensuring participant compliance and satisfaction.

3

GLP-1 Companion

Compatible with GLP-1 agonists, Formulite complements medical treatments aimed at weight management and metabolic health.

4

Backed by Published Clinical Trials

Formulite is supported by clinical research, demonstrating the effectiveness of our products in weight management and nutritional support, ensuring healthcare professionals can trust our science-backed solutions.

5

Included in the Baker Institute VLED Program

Formulite is featured in the Baker Institute's Very Low Energy Diet (VLED) program, supporting healthcare professionals who manage patients on VLEDs with evidence-based nutrition.

6

Approved by Coeliac Australia

Formulite products are certified gluten-free, meeting the strict standards set by Coeliac Australia, making them a safe and reliable option for patients with Coeliac disease.

7

NDIS Provider

As an approved NDIS provider, Formulite is accessible to eligible patients, offering a convenient solution for those seeking support for their nutrition and health needs.

8

Patient Feedback

Patients are Formulite's biggest ambassadors, responsible for relaying feedback to their Healthcare Professional and also introducing our products to Healthcare Professionals.



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NDIS Enquiries:

Participants

LAC & Plan
Managers

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