

## How the REALIZE™ Adjustable Gastric Band Works

The following materials are available from the [realizeband.com](http://realizeband.com) website for use when referring to the REALIZE™ Band.

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### Designed with you in mind.

The REALIZE Band was designed and developed with your safety and comfort in mind. The band is a strong, flexible silicone structure made entirely of biocompatible materials. With the REALIZE Band, weight loss occurs at a natural and healthy rate—ranging from 1- 2 pounds per week.

### So how does it work?

The REALIZE Personalized Banding Solution makes you feel full sooner which results in less food consumed at one time and makes it easier for you to participate in healthy eating and lifestyle habits.

The adjustable REALIZE Band divides the stomach into two parts: a small upper pouch and a lower stomach. The upper pouch can only hold about 4 ounces (1/2 cup) of food. For this reason, you will feel full sooner and longer than usual.

To maximize the benefits of the REALIZE Band, you should eat several small nutritionally balanced meals each day. Remember it will still be important to eat foods that are low in calories, fat, cholesterol, and sugar. Also:

- Remember to chew slowly and take smaller bites and
- Include protein in your meals which will help you feel full longer
- Avoid high-calorie drinks
- Drink more water

Your healthcare team will give you advice regarding the large variety of foods that is appropriate to maintain healthy and balanced nutrition.



Ensuring your success with the REALIZE Band requires hard work, dedication to your new lifestyle, and support from your loved ones. To help you along the way, the REALIZE Personalized Banding Solution includes an online tool that will help you and your doctor set goals and continuously watch your progress together - for up to 3 years.

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