



# MIDDLESEX

## WEIGHT MANAGEMENT

**Are you tired of not succeeding in your weight loss goals?**

**Have you gained weight during the pandemic because of changes in your levels of stress, exercise and eating habits?**

**Do you have a body mass index (BMI) of 25 to 40 kg/m<sup>2</sup>?**

**If you've answered "yes" to these questions, we invite you to speak with Dr. Gail Herzig, MD and Maglenes Hoogasian, NP to explore if the Plenity Weight Loss program is right for YOU.**



Plenity is an aid for weight management in adults who are overweight or obese. For those looking for an effective weight management option that is not a drug or stimulant and has negligible side effects.

Plenity may be right for you!

Made from two naturally derived building blocks – cellulose and citric acid, Plenity's effectiveness has been demonstrated in multiple clinical studies and is:

- Not absorbed systemically
- Eliminated in the same manner as food.
- Taken twice/daily by mouth, 20 minutes before lunch in dinner. For best results, Plenity is taken with 16 ounces of water.
- Indicated to assist in weight management in overweight and obese adults when used in conjunction with diet and exercise.
- Not habit-forming or addictive

In a year-long pivotal trial, people who remained on Plenity were able to lose weight and keep it off! To learn more about Plenity and our other Weight Management Programs, call our office today.

\*Meal Plans \*Prescription weight loss pills for appetite suppression \*Exercise Programs \*In person consultations with our highly qualified team \*Surgical options and more.

Let us guide you on your journey to success in a safe, judgement-free zone.

CALL TODAY

978-429-2001

45B Discovery Way

Acton, MA 01720

[fwelch@mgastro.com](mailto:fwelch@mgastro.com)