

MAINTAIN WEIGHT LOSS

We know the struggle to lose weight is tough and it is even tougher to maintain your weight loss! It happens to many of us—and it's not due to a lack of commitment or willpower. Scientific research demonstrates that this challenge occurs due to our brain working against us by sending hunger signals or triggering cravings, even when you're not hungry. Control is a **FDA-approved** weight loss medication that works in the brain as an appetite suppressant. Control offers many benefits including: appetite control, reduced food cravings, and a boosted metabolism.

WHAT IS CONTROL?

Control combines bupropion HCl and naltrexone HCl with L-Carnitine to help you maintain weight loss. It is a daily oral medication that reduces hunger, controls cravings, and boosts your body's metabolism.

HOW DOES IT WORK?

Control works by helping regulate the hunger signals that are being sent to our brain. In the mesolimbic reward system, naltrexone and bupropion regulate feelings of pleasure when eating to help control your cravings. In the hypothalamus, bupropion, and naltrexone work synergistically to curb hunger. L-Carnitine is an important amino acid. It plays a significant role in boosting your body's metabolism.

HOW IS CONTROL DOSED?

The usual dose is 2 tablets twice a day, with the dosage of the medication slowly increasing as follows:

	WEEK 1	WEEK 2	WEEK 3	WEEK 4 & BEYOND
AM Taken with breakfast	1 Tablet	1 Tablet	2 Tablets	2 Tablets
PM Taken with dinner	None	1 Tablet	1 Tablet	2 Tablets



*Studies done by Contrave (COR-1). For more information, visit <https://www.contravehcp.com/efficacy/cor-1-study/>.

BENEFITS OF CONTROL

- Healthy weight loss
- Appetite control
- Reduced food cravings
- Boosts metabolism

WHAT RESULTS CAN I EXPECT?

According to a 56-week study, patients achieved greater than or equal to a 5% reduction in body weight. Most individuals may see results within the first 6 months of treatment. We recommend using this medication for 1 year to achieve your weight loss goals. Control is recommended to be in adjunct to a reduced-calorie diet and increased physical activity for chronic weight management in obese or overweight adults. *(Results may vary based on treatment plan)*

- **Average of 8.2% loss of total body weight**
(i.e. an average of 17 lbs.)
 - Almost 30% of all participants achieved a 10% weight loss threshold
 - 10% of participants lost up to 15% of their initial weight

