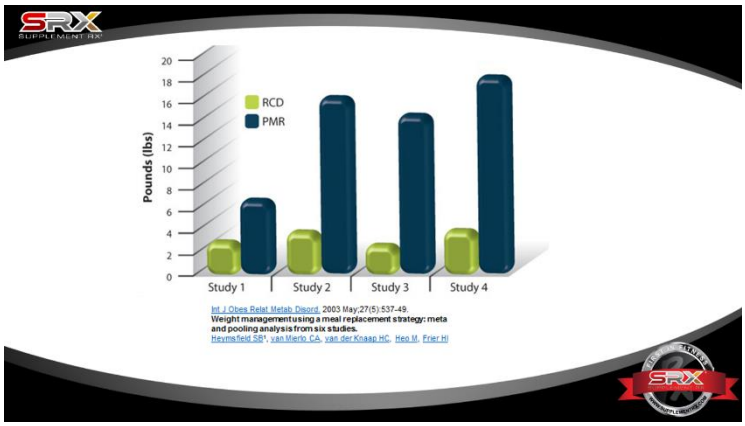
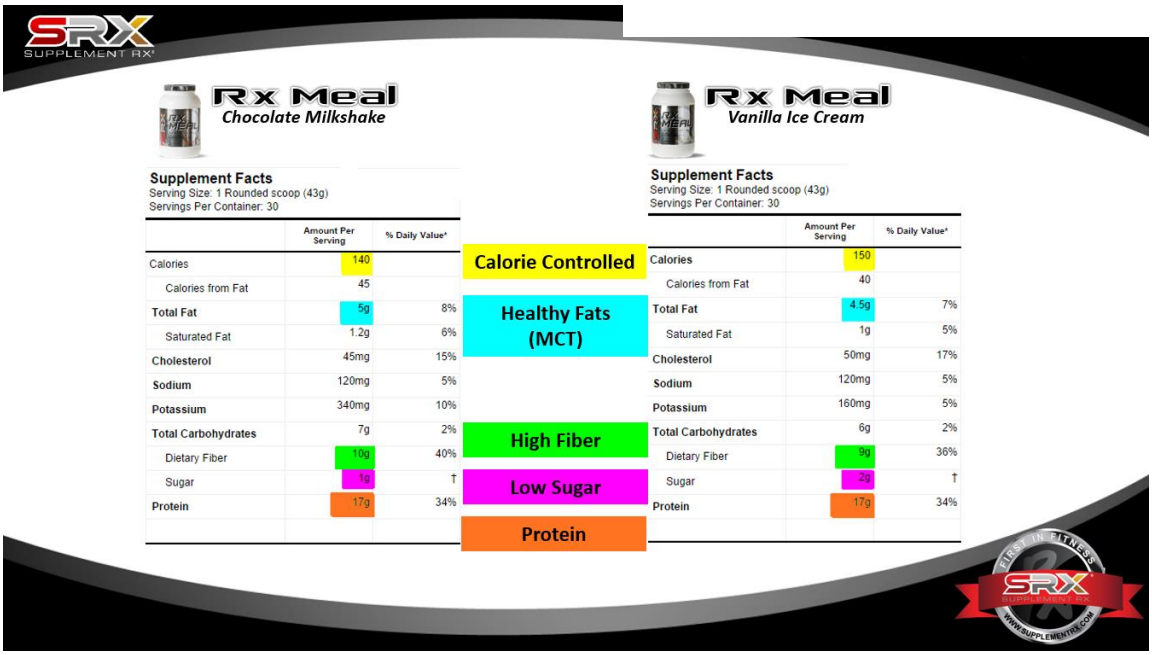
Reduced Calorie Diet Vs. Performance Meal Replacement daily:



Int J Obes Relat Metab Disord. 2003 May;27(5):537-49.
Weight management using a meal replacement strategy: meta and pooling analysis from six studies.
Heymsfield SB[1], van Mierlo CA, van der Knaap HC, Heo M, Frier HI