

Obesity is one of the biggest public health issues in the United States. If you need to lose weight and keep it off and are looking for a new approach to long-term weight management, the Light Study may be for you.

Take five minutes to learn how losing five percent of your body weight can benefit your health, and see if you qualify for the Light Study: www.lightstudy.com.

About Obesity

Obesity is one of the biggest public health issues in the United States. It affects more than 93 million Americans and is predicted to increase to 120 million Americans within the next five years.¹

- Medical research suggests that losing just five percent of your body weight can significantly improve your health and reduce the risk of complications from diabetes and heart disease.^{2,3}
- Literature suggests that many people may need medical intervention to get the help they need to achieve their healthy weight.⁴ However, there are currently few U.S. Food and Drug Administration (FDA) approved medications for long-term use in patients suffering from obesity.⁵

About the Light Study

The Light Study is a long-term research study designed to assess the cardiovascular health outcomes associated with a new investigational drug, Contrave®. The Light Study provides participants with an innovative, comprehensive weight management program called WeightMate™. If you participate in this study, you may also have the opportunity to receive Contrave®. There is no guarantee that the study medication will cause you to lose weight.

- You may qualify for this study if you:
 - Are a man age 45+ or a woman age 50+
 - Need to lose weight and
 - Have heart disease and/or type 2 diabetes with certain heart risk factors
- The study will be conducted in approximately 300 research sites nationwide with nearly 10,000 study participants.
- If you qualify and choose to participate, you will receive all study-related services at no charge, including doctor visits, study medication and laboratory services.
- Health insurance is not required for this study.
- Financial compensation may be provided. The research staff can advise you more about this if you pre-qualify and are referred to the study office.

A clinical trial is a scientific study that evaluates the safety and effectiveness of an investigational medication — in this case, Contrave® — to show that it is better than, as good as, or no better than the standard treatment or inactive placebo. Qualified doctors, nurses and other medical professionals conduct the study itself. It is only through the completion of clinical trials that investigational medications can be evaluated and, if proven safe and effective, approved for general use by the FDA.

About Contrave®

In clinical trials that have enrolled over 4,500 people, Contrave® (naltrexone SR/bupropion SR) has been shown to help people lose weight, keep it off for one year and improve certain measures of health and well being including losing inches from their waistlines, improving their cholesterol numbers, and making significant improvements in their blood sugar levels. For those who have struggled to find success with diet and exercise alone, the Light Study may be a jumpstart to a healthy future.

- Contrave® is a new investigational medication being evaluated for weight loss.
- Research studies have shown that Contrave® may reduce appetite, increase metabolism, and control cravings and overeating behaviors.
- In previous clinical trials, 53% of study participants taking Contrave® and 21% of those taking placebo lost five percent or more of their body weight over the 12 month trial duration. Those who took Contrave®, combined with a structured weight management program, lost an average of 25 pounds in just 6 months, compared with 17 pounds for those using the weight management program and receiving placebo.
 - Many participants saw noticeable improvements in their health and well-being, including improvements in certain measures of cardiometabolic health.
 - Those who combined Contrave® with diet and exercise saw the most reduction in body weight.

There is no guarantee that the study medication will cause you to lose weight.

- Contrave® was generally well tolerated.
 - The most frequent adverse events associated with Contrave® were nausea, constipation, headache, vomiting, dizziness, insomnia, dry mouth and diarrhea. These were mostly mild to moderate in severity and did not last long.

About WeightMate™

To live light is to live healthy - not just by losing weight, but by sustaining it long-term. Once enrolled in the clinical trial, the Light Study also offers tools and resources to provide a long-term weight loss management solution that could work for you.

- Those who qualify and choose to participate in the Light Study will be part of an innovative, comprehensive weight management program called WeightMate™.
- Delivered through an internet-based platform by accredited health and fitness professionals, WeightMate™ provides a convenient, progressive nutrition and exercise program with goal setting and tracking tools.

1 Understanding obesity: an educational resource provided by the Obesity Action Coalition. Obesity Action Coalition. Available at http://www.obesityaction.org/wp-content/uploads/Understanding_Obesity.pdf. Accessed on April 4, 2012.

2 Wing RR, Lang W, Wadden TA, et al. Benefits of modest weight loss in improving cardiovascular risk factors in overweight and obese individuals with type 2 diabetes. *Diabetes Care*. 2011 Jul;34(7):1481-6.

3 Williamson DF, Thompson TJ, Thun M, et al. Intentional weight loss and mortality among overweight individuals with diabetes. *Diabetes Care*. 2000 Oct;23(10):1499-504.

4 Obesity: treatments and drugs. Mayo Clinic. Available at <http://www.mayoclinic.com/health/obesity/DS00314/DSECTION=treatments-and-drugs>. Accessed on April 4, 2012.

5 XENICAL (orlistat) Prescribing Information. January 20, 2012.

Visit www.lightstudy.com to get screened to see if you can participate in this trial today.