

PREPARE FOR YOUR CONSULTATION

- Please send any blood tests done in the past 6 months to elzette@metabolicamed.co.za prior your consultation. If you do not have access to them, please send us an email with you ID number so that we can get the results.
- Please make a list, take pictures or bring the packages along of any medication or supplementation that you are currently using with to your consultation.
- We are located at 936 Jacques street, Moreleta Park, Pretoria. We advise that you arrive 10 minutes early to complete the necessary forms prior your consultation.
- Please note the information below regarding our policies and payment.
- We are looking forward to meeting you!

TERMS AND CONDITIONS

Metabolica Med is a dietetic practice providing several dietetic services including the ketogenic diet.

Elzette Struwig (RDSA) as registered with the HPCSA and ADSA, has undergone ketogenic diet training at Matthew's Friends ketocollege in the UK, and has been working in the ketogenic diet industry for the past 4 years.

Metabolica Med does not diagnose disease. Metabolica Med strongly recommends that you consult with a Physician or Medical Specialist before undergoing any dietary or supplement changes.

CANCELLATION POLICY

Please understand that our time is very much in demand; we set time aside especially for you and do not overbook. We understand that not everyone is ready to commit to a lifestyle change, but for the consideration of others, please do not wait until the last minute if cancelling your appointment. Please plan accordingly. You will be billed for your consultation if not cancelled within 48 hours prior your set consultation date and time. Please note that if you are running late, this will decrease your time that you have available to spend with us, as we cannot have other patients wait or shorten the time of their consultations. We do appreciate your cooperation.

Thank you for your co-operation. We are excited to take this journey with you. Metabolica Med will help you to take small steps to improve your nutrition and move toward a healthier you. Please stay in contact with us between your consultations, we would like to support you on a continuous basis. Let us know if there are any specific struggles with your meal plan, we believe in enjoying life and do not want to deprive you of the foods you enjoy or at least help you to find healthy alternatives.

Start small, dream big.

Email: elzette@metabolicamed.co.za

Tel: +27 (0) 83 257 1868

Address: 936 Jacques Street, Moreletapark, 0181, RSA

Practice Number: 084 000 067 1169

Registered Dietitian: Elzette Struwig (BDiet)

Web: <http://www.metabolicamed.co.za>

PLEASE COMMUNICATE WITH US REGARDING THE APPOINTMENT YOU WOULD LIKE TO BOOK:

Initial Consultation
(Individual)
R1600.00
1 Hour

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| <p>Full consultation includes:</p> <ul style="list-style-type: none"> • Analysis of your lifestyle. • Body measurements (Body fat percentage, muscle mass, bone mass etc.). • Medical and family history. • Biochemical data discussion (if applicable). • Nutrition education. • Goal setting. • Discovery Vitality Points (1000 points). | <p>Meal Plan:</p> <p>After a proper nutritional assessment, your dietitian will spend a few hours to calculate your meal plan, individualized to your needs. The meal plan usually consists of 7 days with various food items and meals to choose from.</p> <p>Due to the effort, we put into our meal plans, you will receive your meal plan after a few days from your initial consultation.</p> |
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Due to the meal plans and consultations not being generic and based on each and everyone's individual requirements, you will be emailed with an invoice after your consultation. Please note that we work on COD terms, and that the payment should be made as soon as possible. You can then submit your invoice and proof of payment to your medical aid to process your claim, you will be able to claim a portion back.

Initial Consultation
(Couples)
R2800.00
1 < Hour

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| <p>Full consultation includes:</p> <ul style="list-style-type: none"> • Analysis of your lifestyle. • Body measurements (Body fat percentage, muscle mass, bone mass etc.). • Medical and family history. • Biochemical data discussion (if applicable). • Nutrition education. • Goal setting. • Discovery Vitality Points (1000 points). | <p>Meal Plan:</p> <p>After a proper nutritional assessment, your dietitian will spend a few hours to calculate your meal plan, individualized to your needs. The meal plan usually consists of 7 days with various food items and meals to choose from.</p> <p>For couples, each person gets their own meal plan, however certain aspects will be different as the plan is designed to suit your individual needs.</p> |
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Due to the meal plans and consultations not being generic and based on each and everyone's individual requirements, you will be emailed with an invoice after your consultation. Please note that we work on COD terms, and that the payment should be made as soon as possible. You can then submit your invoice and proof of payment to your medical aid to process your claim, you will be able to claim a portion back.

Due to the effort, we put into our meal plans, you will receive your meal plan after a few days from your initial consultation. **Couples must be living in the same household.**

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**Initial FIT
Consultation**
(Individual)
R3000.00
1 Hour

Full FIT (Food Intolerance Test) package includes:

A food intolerance finger prick test (see below for more info.)

- Analysis of your lifestyle.
- Body measurements (Body fat percentage, muscle mass, bone mass etc.).
- Medical and family history.
- Biochemical data discussion (if applicable).
- Nutrition education.
- Goal setting.
- Discovery Vitality Points (1000 points).

Meal Plan:

After a proper nutritional assessment, your dietitian will spend a few hours to calculate your meal plan, individualized to your needs. The meal plan usually consists of 7 days with various food items and meals to choose from.

Due to the meal plans and consultations not being generic and based on each and everyone's individual requirements, you will be emailed with an invoice after your consultation. Please note that we work on COD terms, and that the payment should be made as soon as possible. You can then submit your invoice and proof of payment to your medical aid to process your claim, you will be able to claim a portion back.

Due to the effort, we put into our meal plans, you will receive your meal plan after a few days from your initial consultation.

**Skype/
Telephone
Consultation**
(Individual)
R1400.00

Full consultation includes:

- Analysis of your lifestyle.
- Medical and family history.
- Biochemical data discussion (if applicable)
- Nutrition education.
- Goal setting.

Meal Plan:

After a proper nutritional assessment, your dietitian will spend a few hours to calculate your meal plan, individualized to your needs. The meal plan usually consists of 7 days with various food items and meals to choose from.

Due to the meal plans and consultations not being generic and based on each and everyone's individual requirements, you will be emailed with an invoice after your consultation. Please note that we work on COD terms, and that the payment should be made as soon as possible. You can then submit your invoice and proof of payment to your medical aid to process your claim, you will be able to claim a portion back.

Due to the effort, we put into our meal plans, you will receive your meal plan after a few days from your consultation.

Any information that is used in dietary recommendations are based on information as provided by you.

It is recommended for the best results to have your consultations at our offices, if not possible and done telephonically or via Skype, you will be provided with a document to complete prior your consultation, the nutrition calculations will be made based on your measurements.

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**Follow-up
Consultation**
R350.00
20-30 min.

Follow-up consultation includes:

- Discuss achievement of goals as set in the initial consultation.
- Body measurement follow-up.
- Discussion on meal plan and dietary guidelines.
- Nutrition education.
- Start moving more towards lifestyle.

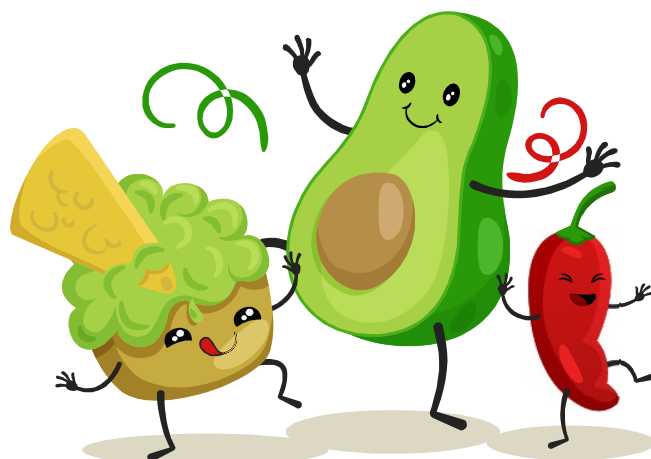
A follow-up consultation can only be done after an initial consultation.

**Body
Analysis**
R180.00
5 min.

Body analysis includes:

- Body fat (mass and %), Muscle mass, Bone mass, Visceral fat rating, Metabolic Age and energy usage per day (kcal).

There is no initial consultation needed for this consultation, however it does not include any dietary advice. Often patients who have reached their goals like to weigh in every few months just to check that they are still on the right track.



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FOOD INTOLERANCE TEST INFORMATION

The food intolerance test, tests for 57 different foods (please see the next section of this document).

The test will only take a few minutes of your time as we only require a drop of blood by a finger prick. We will provide you with the results within 24 hours.

Appointments are crucial as the tests are imported from Germany. These tests are not included into all consultations and require special arrangement.

Cost Breakdown

| Package Includes | Cost | Package Type |
|--|------------|----------------------------|
| <ul style="list-style-type: none"> The test and your results only. The test takes 60 minutes, but we will only require you for 10 minutes (or less), to do a simple finger prick test. The results are displayed per food item and whether you showed no intolerance, slight or great intolerance to each individual food item. Your results will be emailed to you. This package does not include a consultation with your dietitian or a meal plan (total cost R1600.00). The test can, unfortunately, not be claimed back from the medical aid. | R1 750.00 | Food Intolerance Test Only |
| <ul style="list-style-type: none"> This includes a 45-minute consultation with your dietitian, a 7-day meal plan, which is planned according to your individualized needs, as well as the food intolerance test results. We will require you for 60 minutes. The cost for the consultation (R800.00) can be claimed back from the medical aid. The cost of the meal plan cannot be claimed back from the medical aid. | R 3 000.00 | Full package |

We please require a 50% (R875.00) deposit (for the test only) to confirm your booking. Please provide us with the full payment after your test has been completed. This is a cash practice and we do not claim from the medical aid on your behalf. All payments are cash or made via EFT. You can send your proof of payment and invoice to your medical aid to claim back for the consultation.

Please feel free to let us know if you have any more questions and we will happily assist.

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We test for the following food items:

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|-------------------|--|---|
| Grains | Wheat Rye Barley Oat Grain mix A Grain mix B Gluten | Buckwheat, Amaranth, Goosefoot Corn, Rice |
| Nuts | Peanut Hazelnut Almond | |
| Fruits | Banana Fruit mix A Fruit mix B Apple Pineapple Kiwi fruit | Lemon, Orange Strawberry, Grape, Peach |
| Egg | Egg white Egg yolk | |
| Milk | Casein Cow's milk Goat's milk Sheep's milk | |
| Seafood | Cod Fish mix Tuna Seafood mix | Salmon, Trout Shrimp, Squid, Octopus |
| Vegetables | Tomato Legume mix Vegetable mix A Vegetable mix B Leek/Onion mix | Pea, Green bean Carrot, Celery Cabbage, Broccoli Garlic, Onion, Leek |
| Meat | Lamb/Mutton Meat mix A Meat mix B | Pork, Beef Chicken, Turkey |
| Others | Potato Soy Yeast Mix Cacao Coffee Mustard | Baker's yeast, Brewer's yeast |