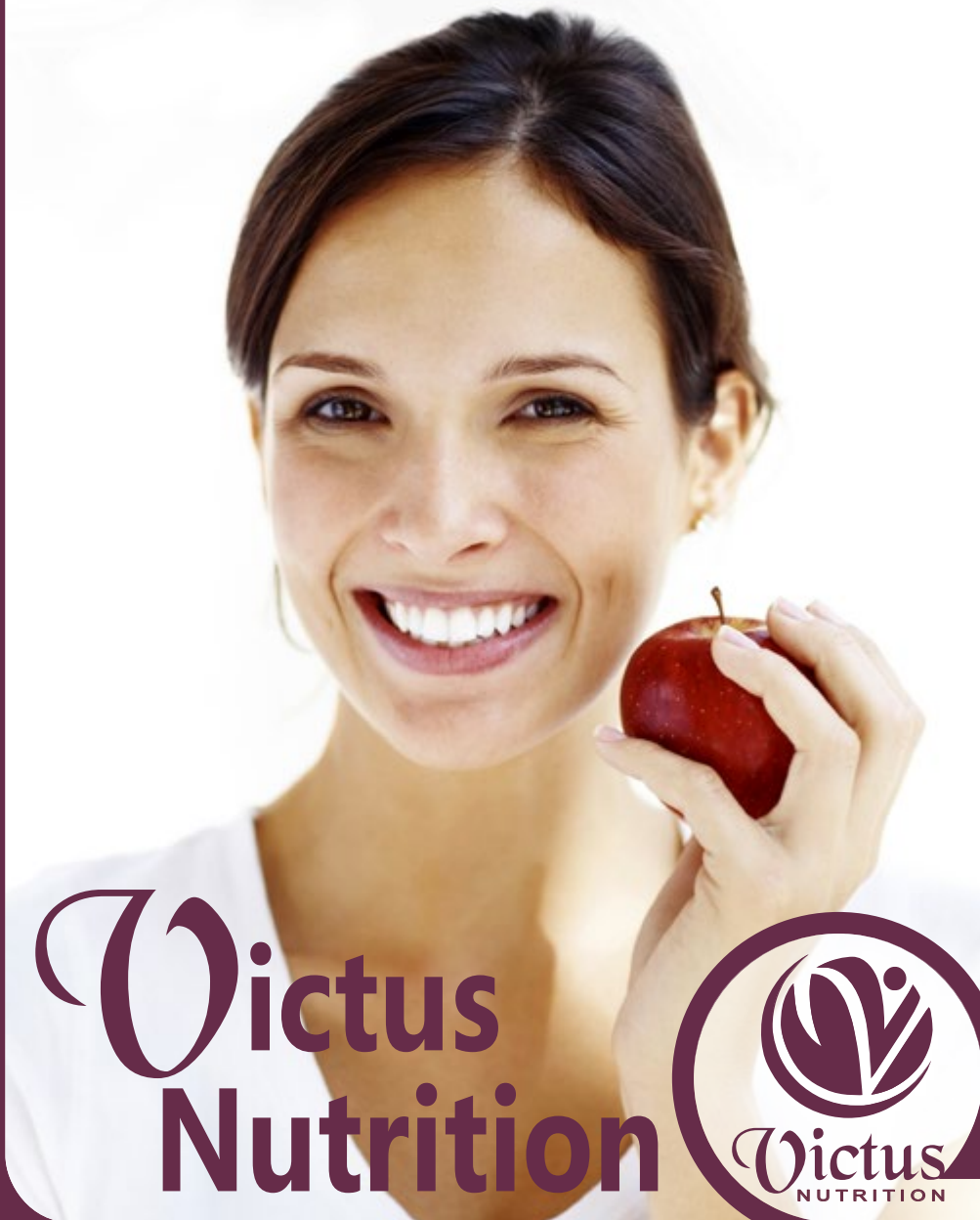


Experience the Healing Power of  
**Personalized Nutrition**



**Victus  
Nutrition**



Do you have a health condition that requires you to avoid certain ingredients?

Are you struggling to find recipes that conform to your health needs?

*A Victus Practitioner may be able to help.*

*Here's How!*

Licensed Victus Practitioners have access to a Revolutionary Online Nutrition Platform called **Victus Nutrition**

[www.victusnutrition.com](http://www.victusnutrition.com)



The **Victus Nutrition Platform** enables Practitioners to Create Highly Personalized, Online Nutrition Programs to give their Patients the Tools and Recipes they need, to successfully implement Elimination Diets and Special Dietary Protocols.

3. ●●●●

By selecting or eliminating recipe ingredients & diet filters, Practitioners can create individualized nutrition programs for their patients in just a few clicks.

1. ●●●●

Victus Practitioners have access to a specialized recipe database of healthy and delicious recipes, tailored for a range of health conditions.

4. ●●●●

As soon as the practitioner saves the program into the patient's profile, the system generates an email to notify the patient of their login details.

2. ●●●●

Each ingredient and recipe has been scientifically classified according to:

- Nutrient content.
- Food allergen and food chemical content.
- Suitability for inclusion in a range of commonly used "Special Diet" protocols.

5. ●●●●

The patient can then immediately access their nutrition plan, tailored recipes and educational materials, from their smart phone or computer.



### Victus Nutrition enables:

- Quick Access to an Extensive Selection of Wholefood Recipes tailored to Specific Dietary Needs.
- Easier Menu Planning.
- Scientifically Accurate Classifications and is
- Accessible from PCs, Smart Phones, Apple and Android Tablets.

### Victus Nutrition Special Diets include:

- Gluten Free
- Grain Free Diet
- Gluten Free-Casein Free
- Low Starch Diet
- Low FODMAPs
- Low Sugar Diet
- Low Food Chemical
- Raw Food Diet
- Paleo Diet
- Vegetarian
- Feingold Diet
- Vegan



## Intolerance Filters.

### INTOLERANCE MODULE FILTERS include:

High Amines	Moderate Salicylate	Moderate Polyols
Moderate Amines	High Fructose	High Fructans
High Glutamate	Low Fructose	High Lactose
Moderate Glutamate	Balanced Fructose	Moderate Lactose
High Salicylates	High Polyols	Added Nitrates

## Elimination Filters.

### ELIMINATION MODULE FILTERS include:

Dairy Free	Tree Nut Free	Peanut Free	Soy Free
Egg Free	Fish Free	Shellfish Free	Corn Free
Garlich Free	Potato Free	Tomato Free	Legume Free
Gluten Free	Sugar Free	Lactose Free	Casein Free
Grain Free	Wheat Free	Yeast Free	Citrus Free
Herb Free	Spice Free	Coconut Free	Refined Sugar Free
Meat Free	Fruit Free	Almond Free	Lemon Free
Rice Free	Gum Free	Starch Free	Orange Free
Strawberry Free	Carob Free	Chocolate Free	Pork Free
Turkey Free	Chicken Free	Beef Free	Lamb Free

## Here's how it works...



Using the digital filters appropriate for each patient's specific needs, Victus Practitioners create personalized nutrition plans in the cloud-based Victus Nutrition Platform.



**Pauline Smith**  
TREATMENT PLAN

Health Goals: Wellness and Weight Loss

Diet

Allergens

Intolerance

Intolerance: - Intolerance -

No/Low Fructose

Intolerances: Dairy > Low Lactose

Note: This will help determine the recipes that the patient will see.

Supplements

Tests & Medical Reports

Medication

Exercise

Notes & Recommendations

Save Plan View Plan's Recipes



Using their smart devices or computer, Patients can access their nutrition plan, tailored recipes and educational materials anytime, anywhere.

### Salmon Cakes

7 Ingredients 4 Servings 10 Minutes Total Time

#### Ingredients

- 280 grams salmon (fillet, 10oz)
- 1/2 cups almond flour
- 1 onion (finely chopped)
- 2 eggs
- 1 clove garlic, crushed
- 2 Tablespoons dill (fresh)
- 1/4 cups sweet potatoes (grated)

#### Instructions

In a medium bowl, break the salmon into small flakes. Mix in eggs, garlic, almond flour, sweet potato, onion, garlic, dill and pepper. Heat oil in a frying pan over medium heat. Spoon mixture into 3-inch patties 1/2 inch thick. In batches, cook patties about 5 minutes on each side, until lightly browned.



#### Nutritional Information (per serving)

Calories	288
Total Fat	15g
Saturated Fat	2g
Cholesterol	120mg
Sodium	73mg
Total Carbohydrate	10g
Dietary Fibre	3g
Sugars	3g
Protein	21g
Calcium	78mg

## RECIPES



### Every recipe:

- Contains Whole Food Ingredients.
- Features Easy to Follow Instructions.
- Displays Nutrition Info.

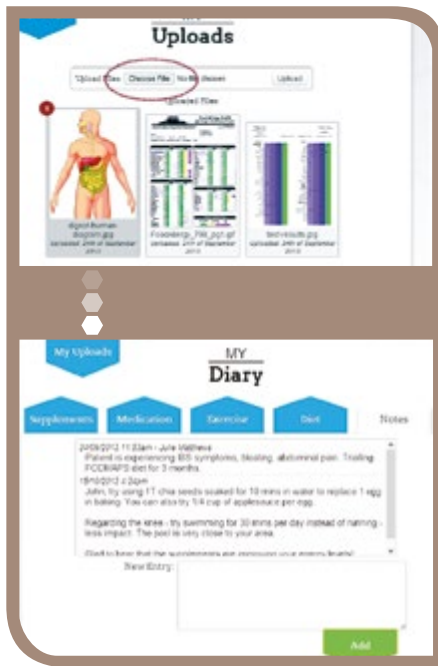
### Patients can:

- Easily Find Ingredients at their local grocery store.
- Learn New Food Preparation Skills.
- Access Personalized Ingredients Guides.
- Keep track of their Nutrient Intake.





Patients can also upload their own health-tracking records, which may include test results from other providers, food diary records, and photos of food reactions such as facial swelling and skin rashes.



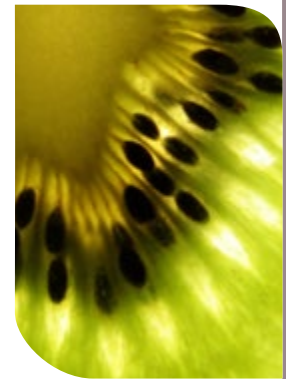
### Victus Nutrition:

- Empowers Patients who want to take a more active role in their own healthcare.
- Enables Practitioners to more efficiently monitor and evaluate treatment interventions.

### Praise

"The Victus Nutrition Platform enables our practice to deliver more effective and efficient care to our clients. It saves our clinicians time and helps patients to better manage their own care, by providing them with the recipes and tools they need, to adopt and maintain their nutrition plans."

Richard Sager  
Registered Practicing Dietician and Chef  
CEO Darwin Dieticians  
Northern Territory, Australia.



### FISH & SEAFOOD



**Victus Nutrition** is an innovative new platform developed by two Australian women with personal experience maintaining children on special diets. The Platform was successfully launched in Australia in November 2013, and is now being used in 10 countries.

Founders:  
Michelle Kazukaitis & Pauline O'Sullivan



Michelle and Pauline love good food and nutrition, and their unique insight into the difficulties faced by those undertaking elimination diets, fuelled their determination to build a scientifically classified nutrition platform, that would make personalized nutrition programs easier to implement. Their company Victus Health Trading Pty Ltd is based on the Sunshine Coast in Queensland Australia. Victus Nutrition was developed with the support of:

- The Australian Government in the form of a 2013 Commercialisation Australia Grant and
- The Commonwealth Bank Women In Focus Program



*Victus Nutrition provides all of these and more.*



Recipes tailored to meet complex dietary requirements



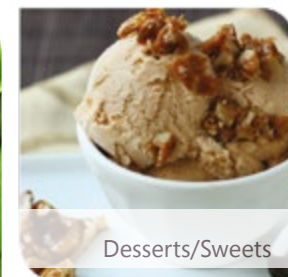
Ingredient lists, tips and resources to take the stress out of implementing nutritional change.



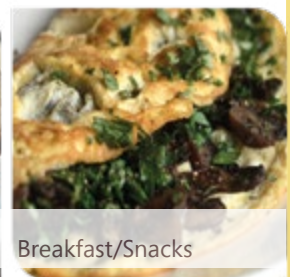
Mains/Lunches



Tools & Resources



Desserts/Sweets



Breakfast/Snacks



Please contact reception for information about  
how to get started on your own personalized nutrition program.

[www.victusnutrition.com](http://www.victusnutrition.com)