



Allurion

PROGRAM

Greater weight-loss results
with less struggle

Change your lifestyle and your waistline.



Are you significantly overweight?
Fed up with wasting money on
weight-loss tools that don't work?

The Allurion Programme provides you with ongoing weight loss over 6 months and combines:

- ▶ A state-of-the-art gastric balloon.
- ▶ The Allurion Connected Scale and Health Tracker, connected to a mobile App to track and support your achievements.
- ▶ A team of experts to support your personalised nutrition and exercise plan.

A new approach to weight loss that helps you lose it and keep it off.



At the centre of the Allurion Programme is a revolutionary gastric balloon that creates a feeling of fullness. The Allurion Balloon is designed to help you reduce food intake by taking up space in your stomach.



The Allurion Programme gives you the chance to take a 'honeymoon from hunger' and make healthier food choices, while at the same time avoiding the cravings that often come with dieting.



The balloon is swallowed during a 15-minute consultation with your doctor and passes out naturally approximately 16 weeks later.



After approximately 16 weeks, patients can lose an average of 10-15% of their total body weight.^{1,2}

The only gastric balloon with no need for surgery, endoscopy*, or anaesthesia.

1. Ienca et al. *Obes Surg.* 2020. 2. Vantanasiri et al. *Obes Surg.* 2020. *In rare cases, the Allurion Balloon may be vomited at end of residence or require endoscopic or surgical intervention for removal.

The Allurion Programme

Simple and effective

The balloon is placed in your stomach during a brief 15-minute consultation with your doctor.



SWALLOW

You swallow a capsule that contains the balloon attached to a thin tube. You will have an X-ray to make sure the capsule is in the stomach prior to filling.



FILL

Once in your stomach, your doctor will use the tube to fill the balloon with liquid. You will have a second X-ray to confirm the balloon is fully filled in the stomach. Your doctor will then gently remove the tube and you'll be on your way. With the balloon you can eat less without feeling hungry.



DISAPPEAR

Approximately 16 weeks after placement, the Allurion Balloon self-empties and passes naturally.



A temporary balloon does not mean temporary weight loss.

The Allurion Programme has shown that up to 95% of average weight loss may be sustained 1 year after the balloon exits the body.¹

Support throughout your journey

With the Allurion Programme, you are not alone. You receive ongoing support from your doctor and nutritionist throughout the programme.

Work with your healthcare team to change your nutrition and exercise habits as part of a healthy and holistic approach to losing weight.

You'll also receive the Allurion Connected Scale, Health Tracker and mobile App to connect you with your doctor, track your progress, receive ongoing support, and stay motivated.



1. Ienca, presented at TOS Obesity Week, 2020

FAQs

How does the balloon get into my stomach?

The balloon is placed in your stomach during a brief 15-minute outpatient visit with your doctor.

You will swallow a vegetable-based capsule that contains the deflated balloon. The balloon is connected to a long, thin tube. Once the capsule has entered your stomach you will have a first X-ray to confirm the correct position of the capsule.

Your doctor will then use the tube to fill the balloon with liquid and then a second X-ray will confirm the balloon is correctly filled. Once the balloon is filled, your doctor will gently remove the tube and you'll be on your way.

Is the balloon easy to swallow?

99.9% of people can swallow the capsule without any problems. However, if you do have difficulty swallowing it, your doctor can use a thin wire (stylet) to help guide the capsule into place—still without endoscopy or anaesthesia.*



How much weight will I lose?

On average, patients lose 10-15% of their total body weight.^{1,2}

What is the balloon filled with?

The balloon is filled with 550 ml of water.



How long does it take to return to normal activities after placement?

Most people can return to normal activity within a day or two. However, some people do experience nausea, abdominal cramping, and, occasionally, vomiting after balloon placement. In most cases, your doctor can prescribe commonly used medication to help manage these symptoms.



Will I have any dietary restrictions during or after the programme?

There are some specific dietary recommendations before placement and during the first week after placement as you adapt to the balloon.

Your nutritionist will guide you during the Allurion Programme. You do not need to make huge changes to eat more healthily all at once, it's best to set small goals and change your habits gradually. Over time, small changes will make a big difference in your health and will help you maintain your weight loss.

How is the balloon removed?

After approximately 16 weeks, a time-activated release valve on the balloon will open, allowing it to empty and pass naturally without any medical intervention when you use the toilet.*



What happens then?

After your balloon passes, the Allurion Programme and the support from your healthcare team continue. This is to help you continue your new lifestyle habits and focus on keeping the weight off.

It's more than just a balloon.

It's a comprehensive programme empowering weight loss and lifelong healthy habits.

- ▶ Lose an average of 10-15% of your total body weight^{1,2}
- ▶ Ongoing nutritional coaching and lifestyle support
- ▶ Includes the Allurion Connected Scale and Health Tracker watch
- ▶ Also the Allurion App keeps you motivated to lose weight and maintain healthy habits

Allurion is a temporary weight-loss aid for adults over the age of 18 who are overweight or obese, defined as a body mass index (BMI) ≥ 27 .

The Allurion Balloon can only be administered by a healthcare professional who is knowledgeable about the use of the Allurion Balloon. The Allurion Balloon must be used in conjunction with a supervised nutrition and behaviour modification programme. Results may vary from one patient to another. A small percentage of patients do not respond to the treatment. Some individuals may not be eligible to receive the Allurion Balloon. Your doctor will take a detailed medical history and perform a physical examination to determine your eligibility. It is important to provide your doctor with a complete and accurate medical history. In rare cases, the Allurion Balloon may require endoscopic or other surgical intervention for removal. This is not a complete listing of potential complications; for Important Safety Information, go to www.allurion.com/en/risk-information/.

Allurion is a registered trademark of Allurion Technologies.

1. Ienca et al. *Obes Surg.* 2020 2. Vantanasiri et al. *Obes Surg.* 2020

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This medical device is a regulated healthcare product, which under European regulations bears the CE mark.