



OPTIFAST 800® Products: Nutrition Information

		Shake Mix Vanilla/ Strawberry/ Chocolate		Ready to Drink French Vanilla/ Chocolate/ Strawberry		Soup Mix Chicken/Garden Tomato		Bar Chocolate/ Berry with Yogurt/ Peanut Butter Chocolate	
		1.48 oz Powder (1 svg)	% DV* (1 svg)	8 fl oz (1 svg)	% DV* (1 svg)	1.53 oz Powder (1 svg)	% DV* (1 svg)	1.72/1.59/1.59 oz Bar (1 svg)	% DV* (1 svg)
Calories	kcal	160	*	160	*	170/160	*	170/160/170	*
Total Fat	g	3	5	3	5	4/3	6/4	5/3.5/5	8/5/8
Saturated Fat	g	0	0	0.5	3	0.5/1	2/5	3/2/2.5	15/10/13
Trans Fat	g	0	**	0	**	0	**	0	**
Cholesterol	mg	<5	<2	0	0	10/15	2/5	<5/0/0	<2/0/0
Sodium	mg	230	10	220	9	620/600	25	150/190/190	6/8/8
	mEq	10	—	10	—	27/26	—	6/8/8	—
Potassium	mg	470	13	460	13	450/700	15/20	360/350/350	10
	mEq	12	—	11.5	—	11.5/18	—	9	—
Total Carbohydrates	g	20	7	20	7	20/19	7/6	21/20/19	7/7/6
Dietary Fiber	g	0	0	0	0	0	0	4	16
Sugars	g	20/20/18	**	17/17/20	**	2/3	**	11/11/10	**
Protein	g	14	28	14	28	14	28	14	28
Vitamin A	IU	1000	20	1000	20	1000	20	1000	20
Vitamin C	mg	18	30	18	30	12/18	20/30	18	30
Calcium	mg	250	25	250	25	250	25	300/250/250	30/25/25
Iron	mg	3.6	20	3.6	20	3.6	20	3.6	20
Vitamin D	IU	80	20	80	20	120	30	120	30
Vitamin E	IU	6.0	20	6.0	20	6.0	20	6.0	20
Vitamin K	mcg	16	20	16	20	16	20	16	20
Thiamin	mg	0.30	20	0.45	30	0.30	20	0.45	30
Riboflavin	mg	0.34	20	0.52	30	0.34	20	0.52	30
Niacin	mg	4.0	20	4.0	20	4.0	20	4.0	20
Vitamin B6	mg	0.4	20	0.6	30	0.4	20	0.6	30
Folate	mcg	80	20	80	20	80	20	80	20
Vitamin B12	mcg	1.2	20	1.2	20	1.2	20	1.2	20
Biotin	mcg	60	20	60	20	60	20	60	20
Pantothenic Acid	mg	2.0	20	2.0	20	2.0	20	2.0	20
Phosphorus	mg	250	25	200	20	200	20	300/250/250	30/25/25
Iodine	mcg	60	40	30	20	30	20	30	20
Magnesium	mg	80	20	80	20	80	20	80	20
Zinc	mg	3.0	20	3.0	20	3.0	20	3.0	20
Selenium	mcg	14	20	14	20	14	20	14	20
Copper	mg	0.4	20	0.4	20	0.4	20	0.4	20
Manganese	mg	0.4	20	0.4	20	0.4	20	0.4	20
Chromium	mcg	24	20	24	20	24	20	24	20
Molybdenum	mcg	15	20	15	20	15	20	15	20
Chloride	mg	510/340/340	15/10/10	340	10	850	25	200	6
Choline	mg	20	**	20	**	30/20	**	20	**

* Percent daily values (DV) are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

** No Daily Value established.

OPTIFAST 800® SHAKE MIX Ingredient Declaration

Vanilla Flavor: Nonfat Dry Milk, Fructose, Calcium Caseinate, Canola Oil, Natural and Artificial Flavors, Salt, Potassium Phosphate Dibasic, Maltodextrin, Mono and Diglycerides, Magnesium Oxide, Potassium Chloride, Choline Bitartrate, Natural Color (Beta Carotene, Turmeric), Ascorbic Acid, Ferrous Sulfate, Zinc Sulfate, Alpha Tocopheryl Acetate, Niacinamide, Copper Gluconate, Calcium Pantothenate, Manganese Sulfate, Vitamin A Palmitate, Pyridoxine Hydrochloride, BHA/BHT (To Preserve Freshness), Thiamine Hydrochloride, Riboflavin, Chromium Chloride, Folic Acid, Biotin, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Phytonadione (Vitamin K1), Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin B12).

Strawberry Flavor: Nonfat Dry Milk, Fructose, Calcium Caseinate, Canola Oil, Natural and Artificial Flavor, Potassium Phosphate Dibasic, Mono and Diglycerides, Salt, Beet Juice Powder, Maltodextrin, Sodium Citrate, Magnesium Oxide, Potassium Chloride, Choline Bitartrate, Ascorbic Acid, Ferrous Sulfate, Zinc Sulfate, Alpha Tocopheryl Acetate, Niacinamide, Copper Gluconate, Calcium Pantothenate, Manganese Sulfate, Vitamin A Palmitate, Pyridoxine Hydrochloride, BHA/BHT (To Preserve Freshness), Thiamine Hydrochloride, Riboflavin, Chromium Chloride, Folic Acid, Biotin, Potassium Iodine, Sodium Molybdate, Sodium Selenite, Phytonadione (Vitamin K1), Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin B12).

Chocolate Flavor: Nonfat Dry Milk, Fructose, Calcium Caseinate, Canola Oil, Cocoa Processed with Alkali (Soy), Maltodextrin, Salt, Potassium Citrate, Soy Lecithin, Mono and Diglycerides, Potassium Phosphate Dibasic, Magnesium Oxide, Potassium Chloride, Choline Bitartrate, Artificial Flavor, Ascorbic Acid, Carrageenan, Ferrous Sulfate, Zinc Sulfate, Alpha Tocopheryl Acetate, Niacinamide, Copper Gluconate, Calcium Pantothenate, Manganese Sulfate, Vitamin A Palmitate, Pyridoxine Hydrochloride, BHA/BHT (To Preserve Freshness), Thiamine Hydrochloride, Riboflavin, Chromium Chloride, Folic Acid, Biotin, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Phytonadione (Vitamin K1), Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin B12).

OPTIFAST 800® READY TO DRINK Ingredient Declaration

French Vanilla Flavor: Water, Sugar, Sodium Caseinate (Milk), Calcium Caseinate, Corn Syrup Solids, High Oleic Sunflower Oil, Potassium Citrate, Calcium Phosphate Tribasic, Magnesium Chloride, Sodium Chloride, Natural and Artificial Flavors, Cellulose Gel, Carrageenan, Potassium Hydroxide, Mono and Diglycerides, Soy Lecithin, Ascorbic Acid, Cellulose Gum, Choline Chloride, Ferrous Sulfate, Zinc Sulfate, Alpha Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Copper Gluconate, Manganese Sulfate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin A Palmitate, Riboflavin, Chromium Chloride, Folic Acid, Biotin, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Phytonadione (Vitamin K1), Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin B12).

Chocolate Flavor: Water, Fructose, Sodium Caseinate (Milk), Calcium Caseinate, Corn Syrup Solids, High Oleic Sunflower Oil, Cocoa (Processed with Alkali), Potassium Citrate, Artificial Flavor, Calcium Phosphate Tribasic, Sodium Chloride, Magnesium Chloride, Mono and Diglycerides, Carrageenan, Ascorbic Acid, Potassium Hydroxide, Soy Lecithin, Choline Chloride, Ferrous Sulfate, Zinc Sulfate, Alpha Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Copper Gluconate, Manganese Sulfate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin A Palmitate, Riboflavin, Chromium Chloride, Folic Acid, Biotin, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Phytonadione (Vitamin K1), Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin B12).

Strawberry Flavor: Water, Sugar, Sodium Caseinate (Milk), Calcium Caseinate, High Oleic Sunflower Oil, Potassium Citrate, Calcium Phosphate Tribasic, Corn Syrup Solids, Magnesium Chloride, Artificial Flavor, Sodium Chloride, Cellulose Gel, Carrageenan, Ascorbic Acid, Potassium Hydroxide, Mono and Diglycerides, Soy Lecithin, Cellulose Gum, Choline Chloride, Ferrous Sulfate, Zinc Sulfate, Alpha Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Copper Gluconate, Red 3, Manganese Sulfate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin A Palmitate, Riboflavin, Chromium Chloride, Folic Acid, Biotin, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Phytonadione (Vitamin K1), Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin B12).

OPTIFAST 800® SOUP MIX Ingredient Declaration

Chicken Flavor: Maltodextrin, Calcium Caseinate (Milk), Soup Base (Partially Hydrogenated Soybean Oil, Dextrose, Autolyzed Yeast Extract, Sodium Caseinate, Maltodextrin, Turmeric Extractives {Spice and Color}, Soy Flour, Torula Yeast, Natural Flavors, Onion Powder, Sugar, Spices,

Salt, Lactose, Hydrolyzed Corn Gluten, Hydrolyzed Soy Protein, Hydrolyzed Yeast Extract, Soy Sauce {Wheat, Soybeans, Salt}, Disodium Inosinate and Disodium Guanylate, Dried Parsley, Ground Celery Seed), Whey Protein Concentrate, Canola Oil (BHA/BHT To Maintain Freshness), Nonfat Dry Milk, Hydrolyzed Corn Gluten, Salt, and less than 1% of Xanthan Gum, Potassium Chloride, Potassium Citrate, Potassium Phosphate, Yeast Extract, Natural Flavor, Wheat Flour, Magnesium Oxide, Calcium Phosphate, Mono and Diglycerides, Onion Powder, Choline Bitartrate, Ascorbic Acid (Vitamin C), Alpha Tocopheryl Acetate, Ferrous Sulfate, Parsley, Turmeric (Color), Caramel Color, Zinc Sulfate, Biotin, Vitamin A Palmitate, Niacinamide, Copper Gluconate, Calcium Pantothenate, Vitamin K (Phytonadione), Vitamin D3, Manganese Sulfate, Pyridoxine Hydrochloride (Vitamin B6), Thiamine Hydrochloride (Vitamin B1), Potassium Iodide, Riboflavin (Vitamin B2), Sodium Selenite, Chromium Chloride, Cyanocobalamin (Vitamin B12), Folic Acid, Sodium Molybdate.

Garden Tomato Flavor: Tomato Seasoning Blend (Tomato Powder, Maltodextrin, Sugar, Salt, Onion Powder, Natural Flavor, Soybean Oil, Yeast Extract, Beet Powder, Spices, Dehydrated Parsley, Citric Acid, Disodium Inosinate, Disodium Guanylate), Calcium Caseinate (Milk), Canola Oil, Whey Protein Concentrate, Nonfat Dried Milk, Autolyzed Yeast Extract, Xanthan Gum, Adipic Acid, Calcium Phosphate Tribasic, Potassium Phosphate Dibasic, Potassium Citrate, Salt, Food Starch Modified (Corn), Magnesium Oxide, Mono and Diglycerides, Natural and Artificial Flavor, Choline Bitartrate, Potassium Chloride, Ascorbic Acid, Ferrous Sulfate, Zinc Sulfate, Alpha Tocopherol Acetate, Niacinamide, Copper Gluconate, Calcium Pantothenate, Red 40, White Pepper, Manganese Sulfate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, BHA/BHT (To Preserve Freshness), Chromium Chloride, Folic Acid, Biotin, Potassium Iodide, Sodium Selenite, Sodium Molybdate, Phytonadione (Vitamin K1), Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin B12).

OPTIFAST 800® BAR Ingredient Declaration

Chocolate: Soy Protein Isolate, Corn Syrup, High Fructose Corn Syrup, Casein (Milk), Sugar, Water, Fractionated Palm Kernel Oil, Cocoa (Processed with Alkali), Milk Protein Concentrate, Whey Protein Isolate, Polydextrose, Fructooligosaccharides, Glycerine, High Oleic Sunflower Oil With Tocopherols Added To Protect Flavor, Contains less than 2% of Calcium Phosphate, Natural Flavor, Cocoa, Potassium Citrate, Soy Lecithin, Salt, Magnesium Oxide, Potassium Chloride, Maltodextrin, Choline Bitartrate, Ascorbic Acid, Sucralose, Ferric Orthophosphate, Alpha-Tocopherol Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Vitamin A Palmitate, Riboflavin, Thiamine Mononitrate, Chromium Citrate, Folic Acid, Biotin, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Phytonadione, Vitamin D3, Vitamin B12.

Berry with Yogurt Coating: Soy Protein Isolate, High Maltose Corn Syrup, Sugar, Fructooligosaccharides, Fructose, High Fructose Corn Syrup, Fractionated Palm Kernel Oil, Water, Polydextrose, Tapioca Starch, Nonfat Milk, Dried Cranberries, Contains Less Than 2% Of Rice, Whey Protein Isolate, Calcium Phosphate, High Oleic Sunflower Oil With Tocopherols Added To Protect Flavor, Natural And Artificial Flavor, Maltodextrin, Potassium Citrate, Potassium Chloride, Nonfat Yogurt Powder (Cultured Nonfat Milk), Soy Lecithin, Blueberry Juice Concentrate, Magnesium Oxide, Dextrose, Caramel added for color, Citric Acid, Salt, Choline Bitartrate, Titanium Dioxide Added for Color, Sunflower Oil, Ascorbic Acid, Ferric Orthophosphate, Barley Malt Extract, Alpha-Tocopherol Acetate, Tocopherols Added To Protect Flavor, Sucralose, Niacinamide, Zinc Oxide, Soybean Oil, Calcium Pantothenate, Copper Gluconate, Pyridoxine Hydrochloride, Manganese Sulfate, Vitamin A Palmitate, Riboflavin, Thiamine Mononitrate, Chromium Citrate, Folic Acid, Biotin, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Phytonadione, Vitamin D3, Vitamin B12.

Peanut Butter Chocolate: Soy Protein Isolate, High Maltose Corn Syrup, Peanut Butter (Peanuts), Fructose, Fructooligosaccharides, Sugar, Water, Fractionated Palm Kernel Oil, Tapioca Starch, Polydextrose, High Fructose Corn Syrup, Peanuts, Contains Less Than 2% Of Nonfat Milk, Natural Flavor, Calcium Phosphate, Potassium Citrate, Lactose, Cocoa (Processed with Alkali), Potassium Chloride, Maltodextrin, Soy Lecithin, Dextrose, Magnesium Oxide, Guar Gum, Salt, Caramel Added For Color, Choline Bitartrate, Ascorbic Acid, Sucralose, Ferric Orthophosphate, Alpha-Tocopherol Acetate, Tocopherols Added To Protect Flavor, Niacinamide, Zinc Oxide, Soybean Oil, Calcium Pantothenate, Copper Gluconate, Pyridoxine Hydrochloride, Manganese Sulfate, Vitamin A Palmitate, Riboflavin, Thiamine Mononitrate, Chromium Citrate, Folic Acid, Biotin, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Phytonadione, Vitamin D3, Vitamin B12.

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