

OPTIFAST® HP Formula: Nutrition Information

		Chocolate Powder 1.8 oz (1 serving)	Vanilla Powder 1.75 oz (1 serving)	Percent Daily Value (DV)* (1 serving)
protein	g	26	26	52
carbohydrate	g	10	10	3
fat	g	6	6	9
saturated fat	g	1.5	1	8/5
trans fat	g	0	0	**
calories		200	200	*
vitamin A	IU	1750	1750	35
vitamin D	IU	140	140	35
vitamin E	IU	10.5	10.5	35
vitamin C	mg	21	21	35
folate	mcg	140	140	35
thiamin	mg	0.5	0.5	35
riboflavin	mg	0.6	0.6	35
niacin	mg	7.0	7.0	35
vitamin B ₆	mg	0.7	0.7	35
vitamin B ₁₂	mcg	2.1	2.1	35
biotin	mcg	105	105	35
pantothenic acid	mg	3.5	3.5	35
calcium	mg	350	350	35
phosphorus	mg	350	350	35
iodine	mcg	53	53	35
iron	mg	6.3	6.3	35
magnesium	mg	140	140	35
copper	mg	0.7	0.7	35
zinc	mg	5.3	5.3	35
vitamin K	mcg	28	28	35
choline	mg	30	30	**
potassium	mg	800	800	23
	meq	20	20	—
sodium	mg	480	480	20
chloride	mg	570	570	20
manganese	mg	0.7	0.7	35
selenium	mcg	24.5	24.5	35
chromium	mcg	42	42	35
molybdenum	mcg	26.3	26.3	35

* Percent Daily Value (DV) are based on a 2000 calorie diet. Your DV maybe higher or lower depending on your calorie needs.

** No DV established.

OPTIFAST® HP POWDER

Ingredient Declaration

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

Phenylketonurics: Contains Phenylalanine.

Vanilla Flavor: Whey Protein Concentrate, Milk Protein Isolate, Maltodextrin, Natural and Artificial Flavors, Fructose, Canola Oil, Sunflower Oil, Salt, Potassium Citrate, Potassium Phosphate Dibasic, Calcium Phosphate Tribasic, Cellulose Gum, Magnesium Oxide, Potassium Chloride, Choline Bitartrate, Mono and Diglycerides, Acesulfame Potassium, Ascorbic Acid, Aspartame, Ferrous Sulfate, Alpha Tocopheryl Acetate, Zinc Sulfate, Niacinamide, Copper Gluconate, Calcium Pantothenate, Manganese Sulfate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, BHA/BHT (To Preserve Freshness), Chromium Chloride, Folic Acid, Biotin, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Phytonadione (Vitamin K1), Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin B12).

Phenylketonurics: Contains Phenylalanine.

Made in the same plant with soy, milk, egg, and wheat products.

OPTIFAST®

The serious solution for weight loss™

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