

OPTIFAST 800® Products: Nutrition Information

		Powder Vanilla/ Strawberry/ Chocolate		Ready To Drink French Vanilla/ Chocolate/ Strawberry		Powder Soup 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)	1.55–1.53 oz Powder (1 svg)	% DV* (1 svg)	1.72/1.59/1.59 oz Bar (1 svg)	% DV* (1 svg)
protein	g	14	28	14	28	14	28	14	28
carbohydrate	g	20	7	20	7	18/19	6	21/20/19	7/7/6
sugars	g	20/20/18	**	17/17/20	**	4/3	**	12/12/10	**
fat	g	3	5	3	5	4/3	6/4	5/3.5/5	8/5/8
calories		160	*	160	*	160	*	170/160/170	*
fiber	g	0	0	0	0	0	0	4	16
cholesterol	mg	<5	<2	0	0	15	5	<5/0/0	<2/0/0
saturated fat	g	0	0	0.5	3	1	5	3/2/2.5	15/10/10
trans fat	g	0	**	0	**	0	**	0	**
vitamin A	IU	1000	20	1000	20	1000	20	1000	20
vitamin D	IU	80	20	80	20	80/120	20/30	120	30
vitamin E	IU	6.0	20	6.0	20	6.0	20	6.0	20
vitamin C	mg	18	30	18	30	18	30	18	30
folate	mcg	80	20	80	20	80	20	80	20
thiamin	mg	0.3	20	0.45	30	0.3	20	0.45	30
riboflavin	mg	0.3	20	0.52	30	0.3	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
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
calcium	mg	250	25	250	25	250	25	300/250/250	30/25/25
phosphorus	mg	250	25	200	20	200	20	300/250/250	30/25/25
iodine	mcg	60	40	30	20	30	20	30	20
iron	mg	3.6	20	3.6	20	3.6	20	3.6	20
magnesium	mg	80	20	80	20	80	20	80	20
copper	mg	0.4	20	0.4	20	0.4	20	0.4	20
zinc	mg	3.0	20	3.0	20	3.0	20	3.0	20
vitamin K	mcg	16	20	16	20	16	20	16	20
choline	mg	20	**	20	**	20	**	20	**
potassium	mg	470	13	460	13	470/700	13/20	360/350/350	10
	meq	12	—	11.5	—	12/18	—	9	—
sodium	mg	230	10	220	9	600	25	150/190/190	6/8/8
	meq	10	—	10	—	26	—	6/8/8	—
chloride	mg	510	15	340	10	340	10	200	6
manganese	mg	0.4	20	0.4	20	0.4	20	0.4	20
selenium	mcg	14	20	14	20	14	20	14	20
chromium	mcg	24	20	24	20	24	20	24	20
molybdenum	mcg	15	20	15	20	15	20	15	20

* 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 800® POWDER Ingredient Declaration

Chocolate Flavor: Nonfat Dry Milk, Fructose, Calcium Caseinate, Canola Oil, Cocoa (processed with alkali), 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).

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 Iodide, Sodium Molybdate, Sodium Selenite, Phytonadione (Vitamin K₁), Cholecalciferol (Vitamin D₃), Cyanocobalamin (Vitamin B₁₂).

OPTIFAST 800® SOUP-POWDER Ingredient Declaration

Chicken Flavor: Maltodextrin, Calcium Caseinate (Milk, Soy), Reduced Sodium Chicken Broth (Maltodextrin, Hydrolyzed Corn Gluten, Sugar, Autolyzed Yeast Extract, Corn Starch, Chicken Fat, Dextrose, Chicken, Natural Flavor, Turmeric, Disodium Inosinate, Disodium Guanylate, Parsley, Lactic Acid), Chicken Flavor (Chicken, Chicken Skin, Chicken Broth, Salt, Natural Flavor), Lactalbumin, Hydrolyzed Corn Gluten, Onion Powder, Xanthan Gum, Potassium Chloride, Potassium Citrate, Potassium Phosphate, Calcium Phosphate, Magnesium Oxide, Celery Powder, Choline Bitartrate, Ascorbic Acid, Ferrous Sulfate, Zinc Sulfate, Alpha Tocopheryl Acetate, White Pepper, Niacinamide, Turmeric, Copper Gluconate, Calcium Pantothenate, Manganese Sulfate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, BHA/BHT (To Maintain Freshness), Chromium Chloride, Folic Acid, Biotin, Potassium Iodide, Sodium Selenite, Sodium Molybdate, Phytonadione (Vitamin K₁), Cholecalciferol (Vitamin D₃), Cyanocobalamin (Vitamin B₁₂).

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, Autolyzed Yeast Extract, Xanthan Gum, Potassium Chloride, Adipic Acid, Potassium Citrate, Potassium Phosphate Dibasic, Calcium Phosphate Tribasic, Magnesium Oxide, Choline Bitartrate, Ascorbic Acid, Food Starch Modified (Corn), Ferrous Sulfate, Zinc Sulfate, Alpha Tocopheryl Acetate, Red 40, White Pepper, 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 Selenite, Sodium Molybdate, Phytonadione (Vitamin K₁), Cholecalciferol (Vitamin D₃), Cyanocobalamin (Vitamin B₁₂).

OPTIFAST 800® READY TO DRINK Ingredient Declaration

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).

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).

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® 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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