

OPTIFAST[®] VERY LOW CALORIE DIET



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OPTIFAST VLCD is for the dietary management of obesity and must be used under the supervision of a healthcare professional.

Nutrition Information and Ingredient Lists

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OPTIFAST VLCD Shakes

Banana Flavour					
NUTRITION INFORMATION					
Servings Per Package: 12					
Serving Size: 53g	Units	Ave Quantity Per Serving	Ave Quantity Per 100g	Ave Quantity Per 100mL (made up with 200mL water)	
Energy	kJ	840	1580	354	
	Cal	201	379	85	
Protein	g	20	37.7	8.4	
Fat, Total	g	4.5	8.5	1.9	
- Saturated	g	0.9	1.7	0.4	
- Linoleic Acid	g	1.2	2.2	0.5	
- α-Linolenic Acid	mg	196	370	83	
Carbohydrate	g	18.2	34.4	7.7	
- Sugars	g	10.1	19	4.3	
- Lactose	g	9.5	18	4.0	
Dietary Fibre	g	3.6	6.8	1.5	
Sodium	mg	215	410	92	
Vitamin A	µg RE	345	650	146	
Thiamin (B1)	mg	0.58	1.10	0.2	
Riboflavin (B2)	mg	0.74	1.40	0.3	
Niacin	mg NE	8.5	16	3.4	
Pantothenic Acid	mg	2.7	5	1.1	
Vitamin B6	mg	1.0	1.9	0.4	
Biotin	µg	10.6	20	4.5	
Folic Acid	µg	110	210	47	
Vitamin B12	µg	1.1	2	0.4	
Vitamin C	mg	40	75	17	
Vitamin D	µg	3.7	7	1.6	
Vitamin E	mg TE	7.4	14	3.1	
Vitamin K	µg	31.8	60	13.4	
Calcium	mg	420	800	180	
Chromium	µg	13	25	5.6	
Copper	mg	1.1	2	0.4	
Fluoride	µg	340	650	146	
Iodine	µg	98	185	42	
Iron	mg	8.0	15	3.4	
Magnesium	mg	160	300	67	
Manganese	mg	0.8	1.5	0.3	
Molybdenum	µg	18.6	35	7.8	
Phosphorus	mg	360	680	150	
Selenium	µg	40	75	16.8	
Zinc	mg	4.2	8	1.8	
Potassium	mg	955	1800	405	
Chloride	mg	280	530	120	
Gluten	mg/kg	Nil Detected			

INGREDIENTS

Skimmed Milk Powder (31%), Milk Proteins [Calcium Caseinate (20%), Sodium Caseinate (10%)], Maltodextrin (Corn), Vegetable Oil (Canola, Sunflower), Minerals (Potassium Citrate, Magnesium Carbonate, Calcium Phosphate, Sodium Chloride, Potassium Phosphate, Ferric Pyrophosphate, Copper Gluconate, Zinc Sulphate, Manganese Sulphate, Sodium Fluoride, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Chromium Chloride), Vegetable Gum (414), Fructo-oligosaccharide, Inulin, Medium Chain Triglycerides, Glucose Syrup (Corn), Sugar, Fish Oil, Emulsifiers (472c, Soy Lecithin, 471), Sweeteners (Aspartame, Acesulfame Potassium), Antioxidants (301, 304, 306), Vitamins (Vitamin E Acetate, Nicotinamide, Calcium Pantothenate, Sodium Ascorbate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin A Acetate, Riboflavin, Folic Acid, Pythomenadione, Cholecalciferol, Cyanocobalamin, Biotin), Colour (Curcumin, Phenolanthrone).

Contains Milk, Soy and Fish. Contains Phenylalanine.

May contain Egg, Gluten Free.

Caramel Flavour					
NUTRITION INFORMATION					
Servings Per Package: 12					
Serving Size: 53g	Units	Ave Quantity Per Serving	Ave Quantity Per 100g	Ave Quantity Per 100mL (made up with 200mL water)	
Energy	kJ	840	1580	354	
	Cal	201	379	85	
Protein	g	20	37.7	8.4	
Fat, Total	g	4.5	8.5	1.9	
- Saturated	g	0.9	1.7	0.4	
- Linoleic Acid	g	1.2	2.2	0.5	
- α-Linolenic Acid	mg	196	370	83	
Carbohydrate	g	18.2	34.4	7.7	
- Sugars	g	10.1	19	4.3	
- Lactose	g	9.5	18	4.0	
Dietary Fibre	g	3.6	6.8	1.5	
Sodium	mg	215	410	92	
Vitamin A	µg RE	345	650	146	
Thiamin (B1)	mg	0.58	1.10	0.2	
Riboflavin (B2)	mg	0.74	1.40	0.3	
Niacin	mg NE	8.5	16	3.4	
Pantothenic Acid	mg	2.7	5	1.1	
Vitamin B6	mg	1.0	1.9	0.4	
Biotin	µg	10.6	20	4.5	
Folic Acid	µg	110	210	47	
Vitamin B12	µg	1.1	2	0.4	
Vitamin C	mg	40	75	17	
Vitamin D	µg	3.7	7	1.6	
Vitamin E	mg TE	7.4	14	3.1	
Vitamin K	µg	31.8	60	13.4	
Calcium	mg	420	800	180	
Chromium	µg	13	25	5.6	
Copper	mg	1.1	2	0.4	
Fluoride	µg	340	650	146	
Iodine	µg	98	185	42	
Iron	mg	8.0	15	3.4	
Magnesium	mg	160	300	67	
Manganese	mg	0.8	1.5	0.3	
Molybdenum	µg	18.6	35	7.8	
Phosphorus	mg	360	680	150	
Selenium	µg	40	75	16.8	
Zinc	mg	4.2	8	1.8	
Potassium	mg	955	1800	405	
Chloride	mg	280	530	120	
Gluten	mg/kg	Nil Detected			

INGREDIENTS

Skimmed Milk Powder (31%), Milk Proteins [Calcium Caseinate (20%), Sodium Caseinate (10%)], Maltodextrin (Corn), Vegetable Oil (Canola, Sunflower), Minerals (Potassium Citrate, Magnesium Carbonate, Calcium Phosphate, Sodium Chloride, Potassium Phosphate, Ferric Pyrophosphate, Copper Gluconate, Zinc Sulphate, Manganese Sulphate, Sodium Fluoride, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Chromium Chloride), Vegetable Gum (414), Fructo-oligosaccharide, Inulin, Medium Chain Triglycerides, Glucose Syrup (Corn), Sugar, Fish Oil, Colour (150a), Emulsifiers (472c, Soy Lecithin, 471), Sweeteners (Aspartame, Acesulfame Potassium), Antioxidants (301, 304, 306), Vitamins (Vitamin E Acetate, Nicotinamide, Calcium Pantothenate, Sodium Ascorbate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin A Acetate, Riboflavin, Folic Acid, Pythomenadione, Cholecalciferol, Cyanocobalamin, Biotin).

Contains Milk, Soy and Fish. Contains Phenylalanine.

May contain Egg, Gluten Free.

Chai Flavour					
NUTRITION INFORMATION					
Servings Per Package: 12					
Serving Size: 53g	Units	Ave Quantity Per Serving	Ave Quantity Per 100g	Ave Quantity Per 100mL (made up with 200mL water)	
Energy	kJ	840	1580	354	
	Cal	201	379	85	
Protein	g	20	37.7	8.4	
Fat, Total	g	4.5	8.5	1.9	
- Saturated	g	0.9	1.7	0.4	
- Linoleic Acid	g	1.2	2.2	0.5	
- α-Linolenic Acid	mg	196	370	83	
Carbohydrate	g	18.2	34.4	7.7	
- Sugars	g	9.5	18	4.0	
- Lactose	g	8.5	16	3.6	
Dietary Fibre	g	3.6	6.8	1.5	
Sodium	mg	215	410	92	
Vitamin A	µg RE	345	650	146	
Thiamin (B1)	mg	0.58	1.10	0.2	
Riboflavin (B2)	mg	0.74	1.40	0.3	
Niacin	mg NE	8.0	15	3.4	
Pantothenic Acid	mg	2.7	5	1.1	
Vitamin B6	mg	1.0	1.9	0.4	
Biotin	µg	10.6	20	4.5	
Folic Acid	µg	110	210	47	
Vitamin B12	µg	1.1	2	0.4	
Vitamin C	mg	40	75	17	
Vitamin D	µg	3.7	7	1.6	
Vitamin E	mg TE	7.4	14	3.1	
Vitamin K	µg	31.8	60	13.4	
Calcium	mg	420	800	180	
Chromium	µg	13	25	5.6	
Copper	mg	1.1	2	0.4	
Fluoride	µg	340	650	146	
Iodine	µg	98	185	42	
Iron	mg	8.0	15	3.4	
Magnesium	mg	160	300	67	
Manganese	mg	0.8	1.5	0.3	
Molybdenum	µg	18.6	35	7.8	
Phosphorus	mg	360	680	150	
Selenium	µg	40	75	16.8	
Zinc	mg	4.2	8	1.8	
Potassium	mg	955	1800	405	
Chloride	mg	280	530	120	
Gluten	mg/kg	Nil Detected			

INGREDIENTS

Skimmed Milk Powder (31%), Milk Proteins [Calcium Caseinate (20%), Sodium Caseinate (10%)], Maltodextrin (Corn), Vegetable Oil (Canola, Sunflower), Minerals (Potassium Citrate, Magnesium Carbonate, Calcium Phosphate, Sodium Chloride, Potassium Phosphate, Ferric Pyrophosphate, Copper Gluconate, Zinc Sulphate, Manganese Sulphate, Sodium Fluoride, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Chromium Chloride), Vegetable Gum (414), Fructo-oligosaccharide, Inulin, Medium Chain Triglycerides, Glucose Syrup (Corn), Sugar, Fish Oil, Colour (150a), Emulsifiers (472c, Soy Lecithin, 471), Sweeteners (Aspartame, Acesulfame Potassium), Antioxidants (301, 304, 306), Vitamins (Vitamin E Acetate, Nicotinamide, Calcium Pantothenate, Sodium Ascorbate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin A Acetate, Riboflavin, Folic Acid, Pythomenadione, Cholecalciferol, Cyanocobalamin, Biotin).

Contains Milk, Soy and Fish. Contains Phenylalanine.

May contain Egg, Gluten Free.

Chocolate					
NUTRITION INFORMATION					
Servings Per Package: 12 or 18					
Serving Size: 53g	Units	Ave Quantity Per Serving	Ave Quantity Per 100g	Ave Quantity Per 100mL (made up with 200mL water)	
Energy	kJ	840	1580	354	
	Cal	201	379	85	
Protein	g	20	37.7	8.4	
Fat, Total	g	4.5	8.5	1.9	
- Saturated	g	0.9	1.7	0.4	
- Linoleic Acid	g	1.2	2.2	0.5	
- α-Linolenic Acid	mg	196	370	83	
Carbohydrate	g	18.2	34.4	7.7	
- Sugars	g	9.5	18	4.0	
- Lactose	g	8.5	16	3.6	
Dietary Fibre	g	3.6	6.8	1.5	
Sodium	mg	215	410	92	
Vitamin A	µg RE	345	650	146	
Thiamin (B1)	mg	0.58	1.10	0.2	
Riboflavin (B2)	mg	0.74	1.40	0.3	
Niacin	mg NE	8.7	16.5	3.7	
Pantothenic Acid	mg	2.7	5	1.1	
Vitamin B6	mg	1.0	1.9	0.4	
Biotin	µg	10.6	20	4.5	
Folic Acid	µg	110	210	47	
Vitamin B12	µg	1.1	2	0.4	
Vitamin C	mg	40	75	17	
Vitamin D	µg	3.7	7	1.6	
Vitamin E	mg TE	7.4	14	3.1	
Vitamin K	µg	31.8	60	13.4	
Calcium	mg	400	755	169	
Chromium	µg	19	36	8.0	
Copper	mg	1.2	2.2	0.5	
Fluoride	µg	340	650	146	
Iodine	µg	98	185	42	
Iron	mg	8.0	15	3.4	
Magnesium	mg	160	300	67	
Manganese	mg	0.9	1.7	0.4	
Molybdenum	µg	18.6	35	7.8	
Phosphorus	mg	360	680	150	
Selenium	µg	40	75	16.8	
Zinc	mg	4.3	8.2	1.8	
Potassium	mg	955	1800	405	
Chloride	mg	280	530	120	
Gluten	mg/kg	Nil Detected			

INGREDIENTS

Skimmed Milk Powder (31%), Milk Proteins [Calcium Caseinate (20%), Sodium Caseinate (10%)], Maltodextrin (Corn), Vegetable Oils (Canola, Sunflower), Cocoa Powder (5%), Minerals (Potassium Citrate, Magnesium Carbonate, Calcium Chloride, Phosphate, Sodium Chloride, Potassium Phosphate, Ferric Pyrophosphate, Copper Gluconate, Zinc Sulphate, Manganese Sulphate, Sodium Fluoride, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Chromium Chloride), Coffee Extract (4.5%), Vegetable Gum (414), Fructo-oligosaccharide, Inulin, Medium Chain Triglycerides, Glucose Syrup (Corn), Sugar, Fish Oil, Emulsifiers (472c, Soy Lecithin, 471), Sweeteners (Aspartame, Acesulfame Potassium), Antioxidants (301, 304, 306), Vitamins (Vitamin E Acetate, Nicotinamide, Calcium Pantothenate, Sodium Ascorbate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin A Acetate, Riboflavin, Folic Acid, Pythomenadione, Cholecalciferol, Cyanocobalamin, Biotin).

Contains Milk, Soy and Fish. Contains Phenylalanine.

May contain Egg, Gluten Free.

Coffee					
NUTRITION INFORMATION					
Servings Per Package: 12					
Serving Size: 53g	Units	Ave Quantity Per Serving	Ave Quantity Per 100g	Ave Quantity Per 100mL (made up with 200mL water)	
Energy	kJ	840	1580	354	
	Cal	201	379	85	
Protein	g	20	37.7	8.4	
Fat, Total	g	4.5	8.5	1.9	
- Saturated	g	0.9	1.7	0.4	
- Linoleic Acid	g	1.2	2.2	0.5	
- α-Linolenic Acid	mg	196	370	83	
Carbohydrate	g	18.2	34.4	7.7	
- Sugars	g	9.5	18	4.0	
- Lactose	g	8.5	16	3.6	
Dietary Fibre	g	3.6	6.8	1.5	
Sodium	mg	215	410	92	
Vitamin A	µg RE	345	650	146	
Thiamin (B1)	mg	0.58	1.10	0.2	
Riboflavin (B2)	mg	0.74	1.40	0.3	
Niacin	mg NE	8.5	16	3.4	
Pantothenic Acid	mg	2.7	5	1.1	
Vitamin B6	mg	1.0	1.9	0.4	
Biotin	µg	10.6	20	4.5	
Folic Acid	µg	110	210	47	
Vitamin B12	µg	1.1	2	0.4	
Vitamin C	mg	40	75	17	
Vitamin D	µg	3.7	7	1.6	
Vitamin E	mg TE	7.4	14	3.1	
Vitamin K	µg	31.8	60	13.4	
Calcium	mg	420	800	180	
Chromium	µg	13	25	5.6	
Copper	mg	1.1	2	0.4	
Fluoride	µg	340	650	146	
Iodine	µg	98	185	42	
Iron	mg	8.0	15	3.4	
Magnesium	mg	160	300	67	
Manganese	mg	0.8	1.5	0.3	
Molybdenum	µg	18.6	35	7.8	
Phosphorus	mg	360	680	150	
Selenium	µg	40	75	16.8	
Zinc	mg	4.2	8	1.8	
Potassium	mg	955	1800	405	
Chloride	mg	280	530	120	
Gluten	mg/kg	Nil Detected			