

DESCRIPTION

Optifast® MEAL BARS are a meal replacement for weight control.

PRESENTATION

Chocolate flavour - 6 x 70g bars - 420g per box. 12 boxes per case.

Berry flavour - 6 x 65g bars - 390g per box. 12 boxes per case

INDICATIONS

Substituting one of the main daily meals of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss.

Substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss.

INGREDIENTS - CHOCOLATE FLAVOUR

Milk Proteins, Humectants (sorbitol, glycerol), Whole Milk Chocolate Coating 14.5% (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier [Soy Lecithin], Natural Vanilla Flavouring), Fibre (Polydextrose), Minerals (Potassium Citrate, Calcium Carbonate, Sodium Citrate, Sodium Phosphate, Magnesium Carbonate, Magnesium Phosphate, Calcium Phosphate, Copper Sulphate, Iron Pyrophosphate, Potassium Iodate, Sodium Selenite, Zinc Oxide, Manganese Sulphate), Fat Reduced Cocoa Powder (5%), Vegetable Oils (Rapeseed, Safflower), Fructose Syrup, Soy Protein Isolate, Flavourings, Glucose Syrup, Vitamins (C, E, Niacin, A, Pantothenic Acid, Biotin, B12, Folic Acid, D, B6, Riboflavin, K, Thiamin), Emulsifier (Soy lecithin). May Contain: Peanuts, Hazelnuts, Almonds, Oats.

ADMINISTRATION AND DOSAGE

Replace one or two main meals a day with an OPTIFAST® meal bar. 1 bar replaces 1 meal. It is recommended to drink 1-2 glasses of water with each meal bar.

SHELF LIFE AND STORAGE

12 months from date of manufacture. Store unopened in a cool, dry place.

PRECAUTIONS

The meal bars only meet their intended use as part of an energy restricted diet, other regular food must be part of this diet. Allow adequate daily fluid intake. It is important to follow a varied and balanced diet as part of an active healthy lifestyle.

CONTRAINDICATIONS

Only suitable for adults, and not pregnant or lactating women unless otherwise indicated by a healthcare professional.



Only suitable for adults



Halal



Unsuitable for pregnant or lactating women



Vegetarian

NUTRITION INFORMATION - CHOCOLATE FLAVOUR

Typical values	Per 100g	Per Bar (70g)	%NRV† Per Bar
Energy kJ	1394	976	
Energy kcal	333	233	
Fat (29% kcal) g	11	7.6	
of which saturates g	4.0	2.8	
of which monounsaturates g	3.8	2.7	
of which polyunsaturates g	2.0	1.4	
- α-linolenic acid mg	240	168	
- linoleic acid mg	1700	1190	
Carbohydrate (20% kcal) g	33	23	
of which sugars g	10	7.1	
of which lactose g	2.0	1.4	
of which polyols (12% kcal) g	17	12	
Fibre (6% kcal) g	9.6	6.7	
Protein (33% kcal) g	28	19	
Salt g	1.2	0.84	
Minerals			
Sodium mg	480	336	-
Potassium mg	1200	840	42
Calcium mg	600	420	53
Phosphorus mg	420	294	42
Magnesium mg	195	137	36
Iron mg	9.7	6.8	49
Zinc mg	7.0	4.9	49
Copper mg	1.1	0.77	77
Manganese mg	1.2	0.84	42
Selenium µg	40	28	51
Iodine µg	100	70	47
Vitamins			
A µg	480	336	42
D µg	4.0	2.8	56
E mg	7.5	5.3	44
K µg	45	31	42
C mg	56	39	49
Thiamin mg	0.65	0.46	41
Riboflavin mg	1.3	0.91	65
Niacin mg NE	11	7.7	48
B6 mg	1.3	0.91	65
Folic acid µg	200	140	70
B12 µg	2.8	2.0	78
Biotin µg	28	20	39
Pantothenic acid mg	4.0	2.8	47

NE = Niacin Equivalent

† %NRV: % Nutrient Reference Value per bar

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