

## DESCRIPTION

Optifast® shakes are nutritionally complete\* total diet replacement products, developed specifically for medically supervised weight loss.

## PRESENTATION

55g sachet; box of 12 sachets. 6 boxes per case.  
Available in 6 flavours: Vanilla, Chocolate, Strawberry, Coffee, Banana and Caramel.

## INDICATIONS

Meal replacement for weight control or total diet replacement. With sweeteners.

## INGREDIENTS - CHOCOLATE FLAVOUR

Skimmed milk powder, milk proteins, maltodextrin, vegetable oils with milk proteins (canola, sunflower), fibre (acacia gum, oligofructose, inulin), minerals (potassium citrate, magnesium citrate, potassium phosphate, sodium chloride, calcium carbonate, ferric pyrophosphate, zinc sulphate, copper gluconate, manganese sulphate, sodium fluoride, sodium selenite, chromium chloride, sodium molybdate, potassium iodide), fat-reduced cocoa powder (4%), fish oil (with soy lecithin, milk proteins), flavourings, vitamins (niacin, E, pantothenic acid, C, B6, thiamin, riboflavin, A, folic acid, K, biotin, D, B12), sweeteners (E951, E950).  
Contains aspartame, a source of phenylalanine.

## ADMINISTRATION AND DOSAGE

Meal replacement for weight control: replace one or two main meals with 1 sachet (1 sachet= 1 meal). Substituting one daily meal of an energy restricted diet with Optifast® contributes to the maintenance of weight after weight loss.

Substituting two of the main daily meals of an energy restricted diet with Optifast® contributes to weight loss. This product is useful for the intended use only when part of an energy-restricted diet, other foodstuffs may be a necessary part of such a diet.

Total diet replacement: when used as a total diet replacement Optifast® provides adequate amounts of all essential nutrients for the day (4 sachets/day). It is important to maintain an adequate fluid intake. We recommend drinking 2 litres per day.

## SHELF LIFE AND STORAGE

18 months from date of manufacture. Store unopened in a cool, dry place. All prepared products should be tightly covered and consumed within 6 hours at room temperature or with 24 hours if refrigerated. Discard any unfinished heated product.

## PRECAUTIONS

Only suitable for adults. Unsuitable for pregnant or lactating women unless otherwise indicated by a healthcare professional.

## CONTRAINDICATIONS

Optifast® shakes should not be used as part of a total diet replacement for more than 3 weeks without medical advice. It is important to maintain a good fluid intake. Alcohol and excessive caffeine should be avoided as it can lead to dehydration.

## PREPARATION INSTRUCTIONS

Optifast® instant shakes are easy to prepare and are best consumed cold:

1. Dissolve contents of one sachet in 200ml of cold water
2. Mix with a fork or shaker until it is completely dissolved
3. Consume immediately

## NUTRITION INFORMATION - CHOCOLATE FLAVOUR

Typical values	Per 100g	Per Portion**
Energy kJ	1649	907
Energy kcal	392	216
Fat (25% kcal) g	11	6.1
of which saturates g	1.2	0.66
of which monounsaturates g	5.0	2.8
of which polyunsaturates g	3.8	2.1
α-linolenic acid mg	450	248
linoleic acid mg	3090	1700
Carbohydrate (35% kcal) g	34	19
of which sugars g	19	10
of which lactose g	17	9.4
Protein (37% kcal) g	36	20
Fibre (3% kcal) g	6.5	3.6
Salt g	1.2	0.67
<b>Minerals</b>		
Sodium mg	490	270
Potassium mg	1720	946
Chloride mg	680	374
Calcium mg	770	424
Phosphorus mg	645	355
Magnesium mg	256	141
Iron mg	12	6.6
Zinc mg	8.2	4.5
Copper mg	1.6	0.88
Manganese mg	2.0	1.1
Fluoride mg	0.89	0.49
Selenium µg	57	31
Chromium µg	44	24
Molybdenum µg	35	19
Iodine µg	145	80
<b>Vitamins</b>		
A µg	630	347
D µg	5.3	2.9
E mg	14	7.7
K µg	70	39
C mg	73	40
Thiamin mg	1.8	1.0
Riboflavin mg	1.9	1.0
Niacin mg	20	11
B6 mg	2.2	1.2
Folic acid µg	200	110
B12 µg	3.3	1.8
Biotin µg	52	29
Pantothenic acid mg	5.6	3.0

\*When used as a total diet replacement (four sachets per day) Optifast® provides adequate amounts of all essential nutrients for the day.

\*\*per 55g in 200ml water

Please see individual packs for information on other flavours.



Only suitable for Adults



Gluten Free



Halal



Unsuitable for Pregnant or Lactating Women



Vegetarian - Caramel & Banana flavours only

