

## DESCRIPTION

Optifast® soups are a nutritionally complete\* total diet replacement product, developed specifically for medically supervised weight loss.

## PRESENTATION

55g sachet; box of 8 sachets. 10 boxes per case. 1 sachet replaces 1 meal. Vegetable flavour.

## INDICATIONS

Meal replacement for weight control or total diet replacement.

## INGREDIENTS - VEGETABLE FLAVOUR

Milk proteins, skimmed milk powder, vegetable oils (canola, sunflower) (contains milk proteins), dried vegetables 7.2 % (potato, tomato, leek, carrot, onion), fibres (acacia gum, fructo-oligosaccharide, 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), flavourings, maltodextrin, fish oil (contains milk proteins and soy lecithin), dried parsley, vitamins (niacin, E, pantothenic acid, C, B6, thiamin, riboflavin, A, folic acid, K, biotin, D, B12), Colour (E 100), Flavour Enhancer (E 621), paprika.

## 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 should be a necessary part of such 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.

## PREPARATION INSTRUCTIONS

Optifast® instant soup is easy to prepare and is best consumed hot:

1. Dissolve contents of one sachet in 200ml of hot water (max 60 °C)
2. Mix with a fork until it is completely dissolved
3. Leave to cool slightly before consuming

## 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

Optifast® soup 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.

## CONTRAINDICATIONS

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

## NUTRITION INFORMATION - VEGETABLE 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	4.9	2.7
of which polyunsaturates g	3.7	2.0
- linoleic acid mg	3090	1700
Carbohydrate (35% kcal) g	34	19
of which sugars g	16	8.8
Fibre (3% kcal) g	6.5	3.6
Protein (37% kcal) g	36	20
Salt g	2.6	1.4
<b>Minerals</b>		
Sodium mg	1030	567
Potassium mg	1730	952
Chloride mg	1150	633
Calcium mg	760	418
Phosphorus mg	645	355
Magnesium mg	256	141
Iron mg	11	6.1
Zinc mg	8.4	4.6
Copper mg	1.4	0.77
Manganese mg	1.8	1.0
Fluoride mg	0.89	0.49
Selenium µg	56	31
Chromium µg	30	17
Molybdenum µg	28	15
Iodine µg	135	74
<b>Vitamins</b>		
A µg	630	347
D µg	5.3	2.9
E mg	14	7.7
K µg	69	38
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	3.1	1.7
Biotin µg	51	28
Pantothenic acid mg	5.5	3.0

†per 55g in 200ml water

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



Only suitable for adults



Gluten Free



Halal



Unsuitable for pregnant or lactating women

