

## Description

OPTIFAST® is a nutritionally complete, low-calorie meal-replacement product, developed specifically for medically supervised weight loss.



## Presentation

54g sachet; box of 9 sachets. 8 boxes per case. 1 sachet replaces 1 meal. Available in 5 presentations: Vanilla Shake, Strawberry Shake, Chocolate Shake, Vegetable Soup.

## Indications

Total diet replacement for liver shrinkage and weight control, prior to bariatric surgery.

## Ingredients

Skimmed Milk Powder, Milk Proteins, Fibre (Inulin), Fructose, Sugar, Glucose Syrup, Vegetable Oils, Minerals (Potassium Citrate, Magnesium Carbonate, Potassium Phosphate, Iron Pyrophosphate, Zinc Sulphate, Copper Gluconate, Calcium Phosphate, Manganese Sulphate, Sodium Fluoride, Chromium Chloride, Potassium Iodide, Sodium Selenite, Sodium Molybdate), Medium Chain Triglycerides, Flavourings, Maize Starch, Fish Oil (contains antioxidants E301, E304(i), E306), Salt, Sweeteners (E950, E951\*), Vitamins (Niacin, E, Pantothenic Acid, C, B6, B1 (Thiamin), B2 (Riboflavin), A, Folic Acid, K1, Biotin, D3, B12), Emulsifier (Soya Lecithin), Colour (E160a). May contain traces of egg and celery. \*Contains a source of phenylalanine.

## Administration and dosage

4 sachets per day as a Total Diet Replacement. Dissolve contents of one sachet in 200 ml of cold water. Use shaker, whisk or fork to mix. Consume immediately. Supplement this programme with a minimum of 2 litres of energy-free liquids (water, diet fizzy drinks, mineral water, black tea/coffee or squash (no added sugar)) per day. A minimum two-week programme is recommended in order to achieve a significant reduction in liver volume\*\*. At the dietitian's discretion low-starch vegetables can be included to supplement the diet.

## Shelf life and storage

Shelf life is 17 months from the date of manufacture. Store between 4°C - 25°C away from light and humidity.

## Precautions

We recommend that Optifast is used under medical supervision, especially if using as a total diet replacement for more than three weeks. You should maintain a good fluid intake as recommended by your healthcare professional. Alcohol and excessive caffeine should be avoided as it can lead to dehydration.

## Nutrition information - Vanilla\*

| Typical values             | Per 100g  | Per 54g in 200ml of water |
|----------------------------|-----------|---------------------------|
| <b>General</b>             |           |                           |
| Energy kJ/kcal             | 1620/385  | 875/208                   |
| Protein (34% kcal) g       | 32.4      | 17.5                      |
| Carbohydrates (43% kcal) g | 41.7      | 22.5                      |
| of which sugars g          | 34.2      | 18.5                      |
| Fat (19.5% kcal) g         | 8.3       | 4.5                       |
| of which saturates g       | 2.9       | 1.6                       |
| of which monounsaturates g | 2.9       | 1.6                       |
| of which polyunsaturates g | 2.5       | 1.35                      |
| linoleic acid g            | 2.1       | 1.13                      |
| Omega-3 g                  | 0.4       | 0.21                      |
| Fibre (3.5% kcal) g        | 6.7       | 3.6                       |
| <b>Vitamins</b>            |           |                           |
| A µg RE                    | 830       | 448                       |
| D µg                       | 4.4       | 2.4                       |
| E mg α-TE                  | 20.8      | 11                        |
| K µg                       | 55        | 30                        |
| C mg                       | 80        | 43                        |
| B1 (Thiamin) mg            | 1.2       | 0.65                      |
| B2 (Riboflavin) mg         | 1.6       | 0.86                      |
| B6 mg                      | 1.4       | 0.76                      |
| Niacin mg NE               | 24        | 13                        |
| Folic acid µg              | 230       | 124                       |
| B12 µg                     | 2.6       | 1.4                       |
| Pantothenic acid mg        | 6         | 3.2                       |
| Biotin µg                  | 25        | 13.5                      |
| <b>Minerals</b>            |           |                           |
| Sodium g/mmol              | 0.36/15.6 | 0.19/8.3                  |
| Chloride mg/mmol           | 470/13.2  | 254/7.1                   |
| Potassium mg/mmol          | 1500/38.4 | 810/20.7                  |
| Calcium mg/mmol            | 650/16.3  | 351/8.8                   |
| Phosphorus mg/mmol         | 620/20    | 335/10.8                  |
| Magnesium mg/mmol          | 230/9.5   | 124/5.1                   |
| Iron mg                    | 11        | 5.9                       |
| Zinc mg                    | 10.6      | 5.7                       |
| Copper µg                  | 1         | 0.54                      |
| Iodine µg                  | 180       | 97                        |
| Selenium µg                | 60        | 32.4                      |
| Manganese mg               | 1         | 0.54                      |
| Chromium µg                | 110       | 59.4                      |
| Molybdenum µg              | 80        | 43.2                      |
| Fluoride mg                | 560       | 302                       |
| Osmolality mOsm/kg         | 600       |                           |

\* See individual packs for other flavours

\*\* Lewis MC *et al. Obes Surg* 16:697-701