

# OPTIFAST<sup>®</sup> 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.

## OPTIFAST VLCD Shakes

Banana Flavour					
NUTRITION INFORMATION					
Servings Per Package: 12	Ave Quantity Per Serving	Ave Quantity Per 100g	Ave Quantity Per 100mL (made up with 200mL water)	Units	Per Serving
Energy	kJ	840	1580	354	
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	g	1.96	3.70	0.83	
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	3.6	
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	11.0	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			

Caramel Flavour					
NUTRITION INFORMATION					
Servings Per Package: 12	Ave Quantity Per Serving	Ave Quantity Per 100g	Ave Quantity Per 100mL (made up with 200mL water)	Units	Per Serving
Energy	kJ	840	1580	354	
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	g	1.96	3.70	0.83	
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	3.6	
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	11.0	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			

Chai Flavour					
NUTRITION INFORMATION					
Servings Per Package: 12	Ave Quantity Per Serving	Ave Quantity Per 100g	Ave Quantity Per 100mL (made up with 200mL water)	Units	Per Serving
Energy	kJ	840	1580	354	
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	g	1.96	3.70	0.83	
Carbohydrate	g	18.2	34.4	7.7	
- Sugars	g	9.5	18	4.0	
- 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	8.0	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	11.0	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			

Chocolate					
NUTRITION INFORMATION					
Servings Per Package: 12 or 18	Ave Quantity Per Serving	Ave Quantity Per 100g	Ave Quantity Per 100mL (made up with 200mL water)	Units	Per Serving
Energy	kJ	840	1580	354	
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	g	1.96	3.70	0.83	
Carbohydrate	g	18.2	34.4	7.7	
- Sugars	g	9.5	18	4.0	
- 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	8.7	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	11.0	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	1.2	2.2	0.5	
Fluoride	µg	340	650	146	
Iodine	µg	98	185	42	
Iron	mg	8.7	16.5	3.7	
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	4.5	7.1	1.8	
Potassium	mg	955	1800	405	
Chloride	mg	280	530	120	
Gluten	mg/kg	Nil Detected			

Chocolate					
NUTRITION INFORMATION					
Servings Per Package: 10	Ave Quantity Per Serving	Ave Quantity Per 100g	Ave Quantity Per 100mL (made up with 200mL water)	Units	Per Serving
Energy	kJ	1050	1660	430	
Protein	g	28	44.4	11.5	
Fat, Total	g	5.6	8.9	2.3	
- Saturated	g	0.8	1.2	0.3	
- Linoleic Acid	g	1.6	2.6	0.7	
- α-Linolenic Acid	g	2.30	3.65	0.94	
Carbohydrate	g	20	31.7	8.2	
- Sugars	g	1.9	3.1	0.8	
- Lactose	g	0.63	1.0	0.26	
- Galactose	g	0.86	0.1	0.02	
Dietary Fibre	g	3.6	5.7	1.5	
Sodium	mg	270	430	110	
Vitamin A	µg RE	320	508	131	
Thiamin (B1)	mg	0.60	0.95	0.25	
Riboflavin (B2)	mg	0.80	1.27	0.33	
Niacin	mg NE	14.5	23	5.9	
Pantothenic Acid	mg	3.0	4.8	1.2	
Vitamin B6	mg	1.2	1.9	0.5	
Biotin	µg	30	47.4	12.3	
Folic Acid	µg	110	170	45	
Vitamin B12	µg	1.5	2.4	0.6	
Vitamin C	mg	40	63	16	
Vitamin E	mg TE	7.4	14	3.1	
Vitamin K	µg	31.8	60	13.4	
Calcium	mg	380	400	160	
Chromium	µg	21	33	8.4	
Copper	mg	0.9	1.4	0.4	
Fluoride	µg	0.9	1.4	0.4	
Iodine	µg	7.8	12.4	3.2	
Iron	mg	7.7	12.2	3.2	
Magnesium	mg	14.6	22.1	6.0	
Manganese	mg	1.1	1.8	0.5	
Molybdenum	µg	13.5	21.4	5.5	
Phosphorus	mg	340	540	140	
Selenium	µg	27	43	11	
Zinc	mg	4.5	7.1	1.8	
Potassium	mg	955	1515	390	
Chloride	mg	320	510	130	
Gluten	mg/kg	Nil Detected			

Vanilla Flavour					
NUTRITION INFORMATION					
Servings Per Package: 10	Ave Quantity Per Serving	Ave Quantity Per 100g	Ave Quantity Per 100mL (made up with 200mL water)	Units	Per Serving
Energy	kJ	1050	1660	430	
Protein	g	28	44.4	11.5	
Fat, Total	g	5.6	8.9	2.3	
- Saturated	g	0.8	1.2	0.3	
- Linoleic Acid	g	1.6	2.6	0.7	
- α-Linolenic Acid	g	2.30	3.65	0.94	
Carbohydrate	g	20	31.7	8.2	
- Sugars	g	2.2	3.5	0.9	
- Lactose					