OPTIFAST® PRODUCTS

Products and Nutritional Information Per Serving

Product	Flavors	Calories	Protein (g)	Carb (g)	Fat (g)	Fiber (g)	Gluten-free	Suitable for Lactose Intolerance
OPTIFAST® Ready-to-Drink Shake	• French Vanilla • Chocolate • Strawberry	160	16	18	3.5	3	Yes	Yes
OPTIFAST® Shake Mix	• Vanilla • Chocolate • Strawberry	160	16	18	3.5	3	Yes	Yes
OPTIFAST® Soup Mix	• Tomato • Chicken • Vegetable	160	16	18	3.5	3	Yes	Yes
OPTIFAST® Bar	• Chocolate • Peanut Butter Chocolate • Apple Cinnamon	160	16	18	4.5-5	3	No	Yes
OPTIFAST HP® Shake Mix	• Vanilla • Chocolate	200	26	10	6	0	Yes	No
OPTIFAST HP® Ready to Drink Shake	• Vanilla • Chocolate	200	26	12	6	3	Yes	Yes