

OPTIFAST® Ready to Drink Shake Chocolate

Key Benefits

- The science-based program that delivers weight loss for health gains
- For use as part of the comprehensive OPTIFAST® weight-loss program
- Excellent source of protein (16 g/serving) to help maintain muscle mass during weight loss
- Contains 3 g of soluble fiber/serving to support digestive health

Notes & Disclaimers for Key Benefits (Healthcare Professionals)

Nutritional Features

	OPTIFAST® Ready to Drink Shake Chocolate
kcal/mL	0.7
Caloric Distribution Protein (% of kcal)	Protein 40% Carbohydrate 41% Fat 19%
L-Arginine (g)	
L-Glutamine (g)	
Sodium (mEq)	13
Calcium (mEq)	13
Potassium (mEq)	18
Chloride (mEq)	10
NPC:N Ratio	40:1
MCT:LCT Ratio	
n6:n3 Ratio	
Free Water (%)	88
Dietary Nucleotides (g)	
EPA + DHA (g)	
Source of Oil	
Osmolality (mOsm/kg water)	
Density (g/mL)	
Renal Solute Load (mOsm/L)	
mL to Meet 100% DRI	
ARA (mg)	

Macro-Nutrient Sources

Protein Source

- Milk Protein Concentrate
- Soy Protein Isolate
- Calcium Caseinate (Milk)
- Sodium Caseinate (Milk)

Fat Source

- Canola Oil

Carbohydrate Source

- Maltodextrin
- Isomaltulose

Fiber Source

- Partially Hydrolyzed Guar Gum

Nutritional Applications

- Overweight and obesity

Important Notes: **NOT FOR PARENTERAL USE.**
Sweetened with non-nutritive sweeteners
The OPTIFAST® products and program are not intended for individuals under 13 years.

Allergens

By Nature:
Milk, Soy

Nutrition Facts

1 Serving Per Container		237mL	
Serving Size		237mL	
Amount Per Serving			
Calories		160	
		% Daily Value*	
Total Fat 3.5g			4%
Saturated Fat 0.5g			3%
Trans Fat 0g			0
Cholesterol 10mg			3%
Sodium 300mg			13%
Total Carbohydrate 18g			7%
Dietary Fiber 3g			11%
Total Sugars 4g			
Includes 4g of Added Sugars			8%
Protein 16g			32%
Vitamin D 4mcg	20%	• Calcium 260mg	20%
Iron 3.6mg	20%	• Potassium 720mg	15%
Vitamin A 180mcg	20%	• Vitamin C 18mg	20%
Vitamin E 3mg	20%	• Vitamin K 24mcg	20%
Thiamin 0.2mg	15%	• Riboflavin 0.3mcg	25%
Niacin 3.2mg	20%	• Vitamin B6 0.3mg	20%
Folate 80mcg DFE (48mcg Folic Acid)	20%	• Vitamin B12 0.5mcg	20%
Biotin 6mcg	20%	• Pantothenic Acid 1mg	20%
Phosphorus 250mg	20%	• Iodine 30mcg	20%
Magnesium 85mg	20%	• Zinc 2.2mg	20%
Selenium 11mcg	20%	• Copper 0.2mg	20%
Manganese 0.5mg	20%	• Chromium 7mcg	20%
Molybdenum 11mcg	25%	• Chloride 350mg	15%
Choline 30mg	6%	• Water 209mL	

* The % Daily Value (DV) tells you how much a nutrient in a serving food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Suitable Diets

- Lactose intolerance*
- Gluten-free
- Kosher

Important Notes:
*Not for individuals with galactosemia



Ingredients

WATER, MALTODEXTRIN, MILK PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, AND LESS THAN 2% OF PARTIALLY HYDROLYZED GUAR GUM, ISOMALTULOSE, CANOLA OIL, COCOA PROCESSED WITH ALKALI, CALCIUM CASEINATE, SODIUM CASEINATE, POTASSIUM CITRATE, POTASSIUM PHOSPHATE, MAGNESIUM CHLORIDE, SODIUM CITRATE, CELLULOSE GEL AND GUM, SALT, MONO AND DIGLYCERIDES, POTASSIUM CHLORIDE, NATURAL AND ARTIFICIAL FLAVOR, CALCIUM PHOSPHATE, ASCORBIC ACID, SOY LECITHIN, CHOLINE CHLORIDE, CARRAGEENAN, SUCRALOSE (SWEETENER), FERROUS SULFATE, STEVIA LEAF EXTRACT (SWEETENER), DL-ALPHA TOCOPHERYL ACETATE, NIACINAMIDE, ZINC SULFATE, CALCIUM PANTOTHENATE, MANGANESE SULFATE, COPPER GLUCONATE, PYRIDOXINE HYDROCHLORIDE, VITAMIN A PALMITATE, THIAMINE HYDROCHLORIDE, RIBOFLAVIN, FOLIC ACID, POTASSIUM IODIDE, VITAMIN K1, CHROMIUM CHLORIDE, SODIUM SELENATE, BIOTIN, VITAMIN D3, CITRIC ACID, VITAMIN B12

DRI Coverage

Product Codes

	OPTIFAST® Ready to Drink Shake Chocolate 24 x 8 fl oz
NDC-Format Number	43900-0168-01
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Each UPC	00043900168012
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