

OPTIFAST® Shake Mix Vanilla

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® Shake Mix Vanilla
kcal/mL	
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)	14
NPC:N Ratio	38:1
MCT:LCT Ratio	
n6:n3 Ratio	
Free Water (%)	
Dietary Nucleotides (g)	
EPA + DHA (g)	
Source of Oil	
Osmolality (mOsm/kg water)	
Density (g/mL)	1.066
Renal Solute Load (mOsm/L)	
mL to Meet 100% DRI	
ARA (mg)	

Macro-Nutrient

Sources

Protein Source

- Milk Protein Concentrate
- Calcium Caseinate
- Sodium Caseinate
- Acid Casein

Fat Source

- Canola Oil

Carbohydrate Source

- Modified Cornstarch
- Isomaltulose
- Maltodextrin

Fiber Source

- Partially Hydrolyzed Guar Gum

Nutritional

Applications

- Overweight and Obesity

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

Allergens

By Nature:
Milk

Nutrition Facts

7 Serving Per Container			
Serving Size		43.5g	
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 700mg	15%
Vitamin A 180mcg	20%	• Vitamin C 18mg	20%
Vitamin E 3mg	20%	• Vitamin K 24mcg	20%
Thiamin 0.3mg	25%	• Riboflavin 0.3mcg	25%
Niacin 3.2mg	20%	• Vitamin B6 0.4mg	25%
Folate 80mcg DFE (48mcg Folic Acid)	20%	• Vitamin B12 0.5mcg	20%
Biotin 6mcg	20%	• Pantothenic Acid 1mg	20%
Phosphorus 300mg	25%	• Iodine 30mcg	20%
Magnesium 85mg	20%	• Zinc 2.2mg	20%
Selenium 15mcg	25%	• Copper 0.2mg	20%
Manganese 0.5mg	25%	• Chromium 9mcg	25%
Molybdenum 11mcg	25%	• Chloride 500mg	20%
Choline 20mg	4%	• Water mL	

* 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

- Suitable for lactose intolerance. Not for individuals with galactosemia.
- Gluten Free

Important Notes:

Ingredients

MILK PROTEIN CONCENTRATE, MODIFIED CORNSTARCH, CALCIUM CASEINATE, CANOLA OIL, PARTIALLY HYDROLYZED GUAR GUM, ISOMALTULOSE, SODIUM CASEINATE, MALTODEXTRIN, AND LESS THAN 2% OF POTASSIUM CHLORIDE, ACID CASEIN, POTASSIUM PHOSPHATE, SALT, SODIUM CITRATE, NATURAL AND ARTIFICIAL FLAVOR, MAGNESIUM OXIDE, CHOLINE BITARTRATE, CALCIUM PHOSPHATE, ASCORBIC ACID, CALCIUM GLYCEROPHOSPHATE, DL-ALPHA TOCOPHERYL ACETATE, SUCRALOSE, FERROUS SULFATE, STEVIA LEAF EXTRACT, ZINC SULFATE, NIACINAMIDE, MANGANESE SULFATE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, VITAMIN A PALMITATE, COPPER SULFATE, THIAMINE HYDROCHLORIDE, RIBOFLAVIN, FOLIC ACID, POTASSIUM IODIDE, VITAMIN K1, SODIUM SELENATE, CHROMIUM CHLORIDE, SODIUM MOLYBDATE, BIOTIN, VITAMIN D3, VITAMIN B12

DRI

Coverage

Product Codes

	OPTIFAST® Shake Mix Powder Vanilla 10 x 7 x 1.53 oz
NDC-Format Number	43900-0164-22
Case UPC	10043900685394
Each UPC	00043900164229
Product Code	12538954

