

# OPTIFAST® Tomato Soup Mix

## 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® Tomato Soup Mix
kcal/mL	
Caloric Distribution Protein (% of kcal)	Protein 41% Carbohydrate 39% Fat 20%
L-Arginine (g)	
L-Glutamine (g)	
Sodium (mEq)	26
Calcium (mEq)	13
Potassium (mEq)	18
Chloride (mEq)	21
NPC:N Ratio	37:1
MCT:LCT Ratio	
n6:n3 Ratio	
Free Water (%)	
Dietary Nucleotides (g)	
EPA + DHA (g)	
Source of Oil	
Osmolality (mOsm/kg water)	
Density (g/mL)	1.06
Renal Solute Load (mOsm/L)	
mL to Meet 100% DRI	
ARA (mg)	

## Macro-Nutrient

### Sources

#### Protein Source

- Calcium Caseinate (Milk)
- Hydrolyzed Collagen Peptides (From Bovine)
- Whey Protein Isolate
- Acid Casein

#### Fat Source

- Canola Oil

#### Carbohydrate Source

- Tomato Powder
- Isomaltulose
- Maltodextrin
- Modified Cornstarch

#### Fiber Source

- Partially Hydrolyzed Guar Gum

## Nutritional

## Applications

- Overweight and obesity

Important Notes: NOT FOR PARENTERAL USE. The OPTIFAST® products and program are not intended for individuals under 13 years.

## Allergens

By Nature:  
Milk, Soy

## Nutrition Facts

1 Serving Per Container		
Serving Size	43.8g	
Amount Per Serving		
Calories	160	
% Daily Value*		
Total Fat 3.5g	4%	
Saturated Fat 0.5g	3%	
Trans Fat 0g	0	
Cholesterol 5mg	2%	
Sodium 600mg	26%	
Total Carbohydrate 17g	6%	
Dietary Fiber 3g	11%	
Total Sugars 8g		
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 0.3mg	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 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 9mcg	20% • Chloride 750mg	35%
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.

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## Suitable Diets

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

Important Notes:



## Ingredients

CALCIUM CASEINATE (MILK), TOMATO POWDER, HYDROLYZED COLLAGEN PEPTIDES (FROM BOVINE), ISOMALTULOSE, CANOLA OIL, PARTIALLY HYDROLYZED GUAR GUM, WHEY PROTEIN ISOLATE, MALTODEXTRIN, MODIFIED CORNSTARCH, SALT, POTASSIUM PHOSPHATE, AND LESS THAN 2% OF BEET JUICE CONCENTRATE (FOR COLOR), ACID CASEIN, XANTHAN GUM, CALCIUM PHOSPHATE, CITRIC ACID, MAGNESIUM OXIDE, SOY LECITHIN, CHOLINE BITARTRATE, ASCORBIC ACID, DL-ALPHA TOCOPHERYL ACETATE, NATURAL AND ARTIFICIAL FLAVOR, FERROUS SULFATE, ZINC SULFATE, NIACINAMIDE, MANGANESE SULFATE, CALCIUM PANTOTHENATE, TURMERIC OLEORESIN (FOR COLOR), PYRIDOXINE HYDROCHLORIDE, VITAMIN A PALMITATE, COPPER SULFATE, THIAMINE HYDROCHLORIDE, RIBOFLAVIN, FOLIC ACID, POTASSIUM IODIDE, SODIUM SELENATE, VITAMIN K1, CHROMIUM CHLORIDE, SODIUM MOLYBDATE, BIOTIN, VITAMIN D3, VITAMIN B12

## DRI

## Coverage

## Product Codes

	OPTIFAST® Tomato Soup Mix 10 x 7 x 1.53 oz
NDC-Format Number	43900-0157-69
Case UPC	10043900224944
Each UPC	00043900157696
Product Code	12538946