

OPTIFAST® VLCD™ Cereal Bar

 nestlehealthconnect.com.au/products/optifast-vlcd-cereal-bar



SIZE: 1 box contains 6x70g bars (Carton contains 12 boxes)

For more information on other bar flavours, [click here](#)

OPTIFAST VLCD Bars are part of a nutritionally complete, very low calorie diet program, which contains all the essential nutrients required for safe and effective weight loss.

Our OPTIFAST VLCD Bars range provide complete nutrition and come in a variety of great tasting flavours for you to enjoy.

Every bar contains 24 essential vitamins and minerals to assist with safe and effective weight loss on the OPTIFAST Program. High in protein and a source of fibre, these bars offer convenient nutritious drinks that can be consumed in place of a meal.

If you don't have time to prepare a shake or simply love a bar - OPTIFAST VLCD Bars are a great option that can be enjoyed any time of the day and on-the-go!

The OPTIFAST Program is scientifically designed to help you achieve effective weight loss results. Whichever program level you're on - OPTIFAST VLCD Bars can be used to replace one, two or three meals. If you like to mix it up, look at our variety of OPTIFAST VLCD Shakes, Soups, and Desserts and build a mix of meal options

that suit your preferences and taste buds. This means you can eat, drink or sip and enjoy!

Download our free OPTIFAST My Program App on your mobile device to help monitor your weight loss progress whilst on the OPTIFAST Program. More information is available at www.optifast.com.au

OPTIFAST VLCD is classified as a very low energy diet (VLED) and not a formulated meal replacement. A VLED can be used as a total diet replacement, meaning you can replace all 3 meals with specially formulated very low energy products, such as OPTIFAST VLCD products. With a formulated meal replacement, you can only replace 1-2 meals per day and cannot be used as a total diet replacement.

Dietary management of overweight and obesity Glycemic Index = 30 (Low GI)

- Nutritionally Complete
- 24 Vitamins and Minerals
- High in Protein
- Source of fibre
- Low GI
- Suitable for Vegetarians
- Halal Certified
- Contains Soy
- May Contain Milk
- Contains Gluten
- May contain: Peanuts, Milk, Tree Nuts, Wheat, Barley.

Open wrapper and consume bar. OPTIFAST VLCD Bars are convenient and ready to eat. One bar is equivalent to one meal on the OPTIFAST Program.

Very Low Energy Diet: For Intensive Level of the program, replace all meals with three OPTIFAST VLCD products per day. Additionally, consume a minimum of two litres of calorie-free fluid and at least two cups of low starch vegetables with one teaspoon of vegetable oil per day. A program of regular light exercise enhances wellbeing and the likelihood of success. **One serve of OPTIFAST VLCD Bars can be replaced with one serve of any other product in the OPTIFAST VLCD range (Desserts, Soups, Shakes).**

Storage: Store in a cool dry place.

OPTIFAST VLCD is for the dietary management of overweight and obesity and must be used under the supervision of a healthcare professional.

Suitable as a sole source of nutrition. NOT FOR PARENTERAL USE.

VERY LOW ENERGY DIETS ARE NOT RECOMMENDED FOR USE BY PREGNANT OR LACTATING WOMEN, INFANTS, CHILDREN, ADOLESCENTS AND ELDERLY. PEOPLE OVER 65 YEARS AND THOSE WITH EXISTING MEDICAL CONDITIONS, PLEASE CONSULT YOUR HEALTHCARE PROFESSIONAL BEFORE USE.

Cereal: **Soy** Crisp (**Soy** Protein Isolate, Tapioca Starch, Salt), **Soy** Protein Isolate, Sorbitol, **Soy** Cores, Polydextrose, Oat Flakes (7%), Maltodextrin (Corn), Minerals (Potassium Citrate, Calcium Carbonate, Sodium Phosphate, Sodium Citrate, Magnesium Carbonate, Magnesium Phosphate, Calcium Phosphate, Copper Sulphate, Iron Pyrophosphate, Potassium Iodate, Sodium Selenate, Zinc Oxide, Manganese Sulphate), Glycerol, Fructose-Glucose Syrup, Cranberries in Syrup [Cranberries (2.4%), Sugar, Sunflower Oil], Rapeseed Oil, Water, Vitamins (Ascorbic Acid, Vitamin E Acetate, Niacinamide, Vitamin A Acetate, Calcium Pantothenate, Biotin, Cyanocobalamin, Folic Acid, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, Phylloquinone, Thiamin Mononitrate), Sweeteners (Sucralose, Acesulfame Potassium), Flavour, Emulsifier (**Soy** Lecithin).

Contains: **Soy**, Gluten.

May contain: **Peanuts, Milk, Tree Nuts, Wheat, Barley.**

Servings Per Pack: 6 Serving	Units	Berry Crunch Flavour Bar 65g	Chocolate Bar 70g	Cereal Bar 65g	Cappuccino Flavour Bar 65g
Energy (kcal)	Kcal	227	233	210	234
Protein	g	20.8	19.3	19.2	20.8
Fat, Total	g	7.3	7.6	5.2	7.5
Saturated	g	3.6	2.8	1	3.3
Monounsaturated	g	2.3	2.7	2	2.3
Polyunsaturated	g	1.3	1.4	2.3	1.4

Servings Per Pack: 6 Serving	Units	Berry Crunch Flavour Bar 65g	Chocolate Bar 70g	Cereal Bar 65g	Cappuccino Flavour Bar 65g
a-Linolenic Acid	mg	172	168	338	172
Linoleic Acid	mg	1170	1190	1820	1235
Carbohydrate	g	19.5	23.4	22.1	20.7
Sugars	g	7.5	7.1	5.2	6.8
Lactose	g	1.3	1.4	0.3	2
Glycerol	g	3.3	6.5	3.3	2
Sorbitol	g	4.3	5.4	4.9	4.9
Fibre	g	5.9	6.7	5.9	5.3
Polydextrose	g	4.2	5.6	3.3	2.8
Sodium	mg	405	335	405	405
Vitamin A	ug RE	338	336	338	338
Thiamin	mg	0.46	0.46	0.46	0.46
Riboflavin	mg	0.91	0.91	0.91	0.91
Niacin	mg	11.7	14	11.7	11.7
Pantothenic acid	mg	2.7	2.8	2.7	2.7
Vitamin B6	mg	0.9	0.9	0.9	0.9
Biotin	µg	23	19.6	20.8	23
Folic Acid	µg	130	140	130	140
Vitamin B12	µg	1.4	2	1.4	1.4
Vitamin C	mg	39	39	46	36

Servings Per Pack: 6 Serving	Units	Berry Crunch Flavour Bar 65g	Chocolate Bar 70g	Cereal Bar 65g	Cappuccino Flavour Bar 65g
Vitamin D	µg	2.7	2.8	2.6	2.7
Vitamin E	mg TE	5.2	5.3	5.6	5.2
Vitamin K	µg	31.2	31.5	31.2	31.2
Calcium	mg	420	420	420	420
Copper	mg	0.7	0.8	0.7	0.7
Iodine	µg	75	70	72	72
Iron	mg	6.8	6.8	6.8	6.8
Magnesium	mg	140	140	140	140
Manganese	mg	1.1	0.8	1.1	1.1
Phosphorus	mg	360	290	360	360
Selenium	µg	26	28	26	26
Zinc	mg	5.1	4.9	5.1	5.1
Potassium	mg	715	840	715	780

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