

OPTIFAST® VLCD™ Desserts

nestlehealthconnect.com.au/products/optifast-vlcd-desserts



SIZE: 1 box contains 8 x 53g sachets (Carton contains 10 boxes)

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

Available in 2 flavours:

- Lemon Crème flavour
- Chocolate flavour

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

Every dessert contains 28 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 soups offer tasty nutrition that can be consumed in place of a meal.

The OPTIFAST Program is scientifically designed to help you achieve effective weight loss results. Whichever program level you're on - OPTIFAST VLCD Desserts 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, Bars and Soups 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.

Glycaemic Index = 20 Low GI (Chocolate) Glycaemic Index = 21 Low GI (Lemon Crème)

- Nutritionally Complete
- 28 Vitamins and Minerals
- High in Protein
- Source of fibre
- Low GI
- Halal Certified
- Gluten Free
- Contains Soy
- Contain Fish
- Contains Dairy
- Contains Phenylalanine

Add one sachet of OPTIFAST® VLCD™ to 200ml of cold water in a shaker. Shake vigorously. Immediately pour dessert into a bowl. Leave to stand for 5 minutes preferably in a refrigerator. Alternatively, add one sachet of OPTIFAST® VLCD™ to 200ml of cold water to a bowl and mix vigorously with a whisk or fork. Leave to stand for 5 minutes preferably in a refrigerator. All prepared products should be tightly covered and consumed within 4 hours at room temperature or within 24 hours if refrigerated.

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 Desserts can be replaced with one serve of any other product in the OPTIFAST VLCD range (Bars, Soups, Shakes).**

Storage: Store in a cool dry place.

Chocolate flavour: Milk Protein (17%), Calcium Caseinate (9.5%), Sodium Caseinate (5.5%), Skimmed Milk Powder (24%), Vegetable Oil (Canola, Sunflower), Minerals (Potassium Citrate, Sodium Phosphate, Calcium Carbonate, Magnesium Carbonate, Potassium Chloride, Ferric Pyrophosphate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Sodium Fluoride, Potassium Iodide, Sodium Selenite, Sodium Molybdate, Chromium Chloride), Maltodextrin (Corn), Cocoa Powder (5%), Vegetable Gum (414), Starch (Potato), Fructo-oligosaccharide, Inulin, Glucose Syrup (Corn), Medium Chain Triglycerides, Sugar, Fish Oil, Flavour, Sweeteners (Aspartame, Acesulfame Potassium), Emulsifiers (472c, Soy Lecithin, 471), Antioxidants (301, 304, 306), Vitamins (E, Niacin, C, Pantothenic Acid, B6, B1, A, B2, Folic Acid, K, Biotin, D, B12).

Contains Milk, Soy and Fish. Contains Phenylalanine. Gluten Free.

Lemon Creme flavour: Milk Protein (32%), Skimmed Milk Powder (25%), Maltodextrin (Corn), Minerals (Potassium Citrate, Sodium Phosphate, Magnesium Carbonate, Calcium Carbonate, Potassium Chloride, Sodium Molybdate, Ferric Pyrophosphate, Chromium Chloride, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Sodium Fluoride, Potassium Iodide, Sodium Selenite), Vegetable Oil (Canola, Sunflower), Vegetable Gum (414), Fructo-Oligosaccharide, Starch (Potato), Inulin, Glucose Syrup (Corn), Medium Chain Triglycerides, Sugar, Fish Oil, Sweeteners (Aspartame, Acesulfame Potassium), Flavour, Emulsifiers (472c, Soy Lecithin, 471), Antioxidants (301, 304, 306), Vitamins (E, Niacin, C, Pantothenic Acid, B6, B1, A, B2, Folic Acid, K, Biotin, D3, B12), Colour (Curcumin).

Contains Milk, Soy and Fish. Contains Phenylalanine. Gluten Free

OPTIFAST® VLCD™ Dessert Chocolate

Servings Per Pack: 8 Serving Size: 53g (Sachet)	Average Quantityper Serving	Average Quantityper 100g	Ave Qty per 100ml made up with water
Energy	840 kJ	1580 kJ	354 kJ
	201Cal	379Cal	85 Cal
Protein	20 g	37.7 g	8.4 g
Fat-total	4.5 g	8.5 g	1.9 g
- Saturated	1.0 g	1.8 g	0.4 g
- Linoleic Acid	1.2 g	2.2 g	0.5 g
- alpha-Linolenic Acid	196 mg	370 mg	83 mg
Carbohydrate	18.2 g	34.4 g	7.7 g
- Sugars	8.5 g	16 g	3.6 g
- Lactose	8.0 g	15 g	3.4 g
Dietary Fibre	3.6 g	6.8 g	1.5 g
Sodium	545 mg	1030 mg	230 mg
Vitamin A	345 µgRE	650 µgRE	146 µgRE
Vitamin B1(Thiamin)	0.58 mg	1.1 mg	0.25 mg
Riboflavin (B2)	0.64 mg	1.2 mg	0.27 mg
Niacin	9 mg NE	17 mg NE	3.8 mg NE
Folic Acid	110 µg	210 µg	47 µg
Vitamin B6	1.0 mg	1.9 mg	0.4 mg
Vitamin B12	1.1 µg	2.0 µg	0.4 µg

OPTIFAST® VLCD™ Dessert Chocolate

Servings Per Pack: 8 Serving Size: 53g (Sachet)	Average Quantity per Serving	Average Quantity per 100g	Ave Qty per 100ml made up with water
Biotin	10.6 µg	20 µg	4.5 µg
Pantothenic Acid	2.7 mg	5 mg	1.1 mg
Vitamin C	40 mg	75 mg	17 mg
Vitamin D	3.7 µg	7 µg	1.6 µg
Vitamin E	7.4 mg TE	14 mg TE	3.1 mg TE
Vitamin K	31.8 µg	60 µg	13.4 µg
Zinc	4.7 mg	8.8 mg	2.0 mg
Calcium	590 mg	1110 mg	250 mg
Iron	8.7 mg	16.4 mg	3.7 mg
Iodine	93 µg	175 µg	39 µg
Magnesium	160 mg	300 mg	67 mg
Manganese	1.0 mg	1.8 mg	0.4 mg
Molybdenum	27 µg	50 µg	11 µg
Phosphorus	580 mg	1100 mg	250 mg
Selenium	40 µg	75 µg	16.8 µg
Copper	1.2 mg	2.3 mg	0.5 mg
Chloride	280 mg	530 mg	120 mg
Potassium	955 mg	1800 mg	405 mg
Chromium	27 µg	50 µg	11 µg