

OPTIFAST® VLCD™ Plant-Based Shakes

nestlehealthconnect.com.au/products/optifast-vlcd-plant-based-shakes



SIZES: 1 box contains 10 x 54g sachets (Carton contains 4 boxes)

Available in 2 flavours: Vanilla flavour / Chocolate flavour

Every OPTIFAST VLCD Plant-Based Shake contains 27 essential vitamins and minerals to assist with safe and effective weight loss on the OPTIFAST Program. Made with pea and oat protein, our plant-based shakes are a delicious and nutritious option for those looking for a non-dairy meal alternative! High in protein and a source of fibre, these shakes offer convenient nutritious drinks that can be consumed in a place of a meal.

They are suitable for those with lactose intolerance, vegan diet requirements, or anyone seeking protein variety. If you need something that is easy to prepare and satisfying with every sip, OPTIFAST VLCD Plant-Based Shakes are a great option.

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

Features & Clinical Indications

- Suitable for Lactose Intolerance
- Suitable for Vegans
- Suitable for Vegetarians
- Nutritionally Complete
- 27 Vitamins and Minerals
- High in Protein
- Source of fibre
- Low GI
- Halal Certified
- Gluten Free
- Does not contain Dairy
- Contains Soy

Usage

Add one sachet of OPTIFAST VLCD Plant-Based Shake to 200-250mL of cold water. Stir, blend or shake to dissolve. Do not use boiling water. Once prepared, store in the refrigerator and consume within 24 hours.

Very Low Energy Diet: For intensive level of change, 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 Shakes can be replaced with one serve of any other product in the OPTIFAST VLCD range (Desserts, Soups, Bars).**

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.

Ingredients

Vanilla Flavour Pea Protein, Maltodextrin, Oat Protein Concentrate, Minerals (Potassium Citrate, Calcium Carbonate, Potassium Phosphate, Magnesium Carbonate, Potassium Chloride, Sodium Citrate, Ferrous Fumarate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Potassium Iodide, Sodium Selenite, Sodium Molybdate, Chromium Chloride), Vegetable Oils (Rapeseed, Sunflower), Acacia Gum, Fructo-oligosaccharide, Inulin, Emulsifier (Soy Lecithin), Vitamins (Sodium Ascorbate, Vitamin E Acetate, Nicotinamide, Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride, Vitamin A Acetate, Folic Acid, Phytomenadione, Biotin, Ergocalciferol, Cyanocobalamin), Flavour, Sweeteners (Acesulfame Potassium, Sucralose). **Contains soy, gluten. May contain Milk.**

Chocolate Pea Protein, Maltodextrin, Oat Protein Concentrate, Minerals (Potassium Citrate, Calcium Carbonate, Potassium Chloride, Potassium Phosphate, Magnesium Carbonate, Sodium Citrate, Ferrous Fumarate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Potassium Iodide, Sodium Selenite, Sodium Molybdate, Chromium Chloride), Cocoa Powder (4.7%), Vegetable Oils (Rapeseed, Sunflower), Acacia Gum, Fructooligosaccharide, Inulin, Emulsifier (Soy Lecithin), Vitamins (Sodium Ascorbate, Vitamin E Acetate, Nicotinamide, Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride, Vitamin A Acetate, Folic Acid, Phytomenadione, Biotin, Ergocalciferol, Cyanocobalamin), Sweetener (Sucralose). **Contains soy, gluten. May contain Milk.**

Nutritional Information

OPTIFAST® VLCD™ Plant-Based Shakes Vanilla Flavour			
Nutrient	Avg Quantity Per Serving	Avg Quantity Per 100g	Avg Quantity Per 100mL (made up with 200mL water)
Energy	880 kJ	1630 kJ	371 kJ
	211 Cal	391 Cal	89 Cal
Protein	20.5 g	38.1 g	8.7 g
Fat, Total	5 g	9.3 g	2.1 g
- Saturated	0.6 g	1.1 g	0.25 g
- Linoleic Acid	0.25 g	0.23 g	0.53 g
- alpha-Linolenic Acid	211 mg	390 mg	89 mg
Carbohydrate	19.5 g	36.1 g	8.2 g
- Sugars	1.8 g	3.3 g	0.8 g
- Lactose	0.05 g	0.1 g	0.02 g
- Galactose	<0.1 g	<0.2 g	<0.4 g
Dietary Fibre	3 g	5.6 g	1.3 g
Sodium	340 mg	630 mg	144 mg
Vitamin A	370 µg RE	685 µg RE	156 µg RE
Thiamin	0.55 mg	1.02 mg	0.23 mg
Riboflavin	0.8 mg	1.48 mg	0.34 mg
Niacin	11 mg NE	20 mg NE	4.6 mg NE
Pantothenic Acid	2.8 mg	3.7 mg	0.8 mg
Vitamin B6	1.1 mg	2 mg	0.5 mg
Biotin	30 µg	56 µg	13 µg
Folic Acid	110 µg	204 µg	46 µg
Vitamin B12	1.3 µg	2.4 µg	0.55 µg
Vitamin C	40 mg	74 mg	17 mg
Vitamin D	3.4 µg	6.3 µg	1.4 µg
Vitamin E	7 mg TE	13 mg TE	3 mg TE
Vitamin K	36 µg	67 µg	15 µg
Calcium	380 mg	704 mg	160 mg
Chromium	15 µg	28 µg	6.4 µg
Copper	0.9 mg	1.6 mg	0.4 mg
Iodine	73 µg	135 µg	31 µg
Iron	8.6 mg	16 mg	3.6 mg
Magnesium	165 mg	306 mg	70 mg
Manganese	1.7 mg	3.1 mg	0.7 mg
Molybdenum	100 µg	185 µg	42 µg
Phosphorus	350 mg	648 mg	148 mg
Selenium	35 µg	65 µg	15 µg
Zinc	4.7 mg	8.7 mg	2 mg
Potassium	1000 mg	1850 mg	420 mg
Chloride	290 mg	537 mg	122 mg