

OPTIFAST® VLCD™ Protein Plus Shakes

nestlehealthconnect.com.au/products/optifast-vlcd-protein-plus-shakes



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

Available in 3 flavours

- Rich and Thick Chocolate flavour
- Creamy Vanilla flavour
- Classic Coffee flavour

OPTIFAST VLCD Protein Plus Shakes are a great tasting thickshake style shake that contain all of the nutrients required for safe and effective weight loss, including: 28g protein per serve to maintain muscle mass (40% more than standard OPTIFAST VLCD shakes). It is also low in lactose and sugar is a source of fibre, has a low GI and

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 Shakes, 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

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 = 27 Low GI (Rich and Thick Chocolate)

Glycaemic Index = 32 Low GI (Creamy Vanilla)

Glycaemic Index = 32 Low GI (Classic Coffee)

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

Add one sachet of OPTIFAST® VLCD™ Protein Plus Shake to 200-250mL of cold or warm water.

Stir, blend or shake to dissolve. Do not use boiling water.

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

Storage: Store in a cool dry place.

Creamy Vanilla Flavour: **Milk** Proteins (Calcium Caseinate (25%), Sodium Caseinate [12%], Whey [11%]), Maltodextrin (Corn), Vegetable Oil (Canola, Sunflower), Minerals (Magnesium Citrate, Potassium Phosphate, Potassium Citrate, Calcium Carbonate, Potassium Chloride, Sodium Chloride, Ferrous Sulphate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Sodium Fluoride, Potassium Iodide, Sodium Selenite, Sodium Molybdate, Chromium Chloride), Vegetable Gum (414), Fructo-oligosaccharide, Inulin, Glucose Syrup (Corn), Sugar, Medium Chain Triglycerides, **Fish** Oil, Flavour, Sweeteners (Aspartame, Acesulfame Potassium), Emulsifiers (472c, **Soy** Lecithin, 471), Antioxidants (301, 304, 306), Vitamins (Sodium Ascorbate, Nicotinamide, Vitamin E Acetate, Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Vitamin A Acetate, Folic Acid, Phytomenadione, Biotin, Cholecalciferol, Cyanocobalamin), Colour (Curcumin).

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

Rich and Thick Chocolate Flavour: **Milk** Proteins [Calcium Caseinate (25%), Sodium Caseinate (12%), Whey (10%)], Maltodextrin (Corn), Vegetable Oil (Canola, Sunflower), Minerals (Magnesium Citrate, Potassium Phosphate, Potassium Citrate, Calcium Carbonate, Potassium Chloride, Sodium Chloride, Ferrous Sulphate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Sodium Fluoride, Potassium Iodide, Sodium Selenite, Sodium Molybdate, Chromium Chloride), Cocoa Powder (4%), Vegetable Gum (414), Fructo-Oglisosaccharide, Inulin, Glucose Syrup (Corn), Sugar, Medium Chain Triglycerides, **Fish** Oil, Sweeteners (Aspartame, Acesulfame Potassium), Emulsifiers (472c, **Soy** Lecithin, 471), Antioxidants (301, 304, 306), Vitamins (Sodium Ascorbate, Nicotinamide, Vitamin E Acetate, Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Vitamin A Acetate, Folic Acid, Phytomenadione, Biotin, Cholecalciferol, Cyanocobalamin), Flavour.

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

Classic Coffee Flavour: **Milk** Proteins (Calcium Caseinate [25%], Sodium Caseinate [12%], Whey [11%]), Maltodextrin (Corn), Vegetable Oil (Canola, Sunflower), Minerals (Magnesium Citrate, Potassium Phosphate, Potassium Citrate, Calcium Carbonate, Potassium Chloride, Sodium Chloride, Ferrous Sulphate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Sodium Fluoride, Sodium Selenite, Sodium Molybdate, Chromium Chloride, Potassium Iodide), Vegetable Gum (414), Fructo-oligosaccharide, Glucose Syrup (Corn), Coffee Instant (1.4%), Inulin, Colour (Caramel), **Fish** Oil, Emulsifiers (472c, **Soy** Lecithin, 471), Sweetener (Aspartame, Acesulfame Potassium), Antioxidant (301, 307b, 304), Vitamins (Nicotinamide, Vitamin E Acetate, Calcium Pantothenate, Pyridoxine Hydrochloride, Sodium

Ascorbate, Thiamine Hydrochloride, Riboflavin, Vitamin A Acetate, Phytomenadione, Biotin, Folic Acid, Cholecalciferol, Cyanocobalamin), Flavours.

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

OPTIFAST VLCD ProteinPlus Shake Vanilla Flavour 63g

Servings Per Pack: 10 Serving Size: 63g (Powder)	Average Quantity per Serving	Average Quantity per 100g	**Average Quantity per 100ml (made up with 200ml water)
Energy	1050 kJ	1660 kJ	430 kJ
	250 Cal	396 Cal	103 Cal
Protein	28 g	44.4 g	11.5 g
Fat-total	5.6 g	8.9 g	2.3 g
- Saturated	0.8 g	1.2 g	0.3 g
- Linoleic Acid	1.6 g	2.6 g	0.7 g
- α-Linolenic Acid	230 mg	365 mg	94 mg
Carbohydrate	20 g	31.7 g	8.2 g
- Sugars	2.2 g	3.5 g	0.9 g
- Lactose	0.63 g	1 g	0.26 g
-Galactose	0.06 g	0.1 g	0.02 g
Dietary Fibre	3.6 g	5.7 g	1.5 g
Sodium	270 mg	430 mg	110 mg
Vitamin A	320 µgRE	508 µgRE	131 µgRE
Thiamin (B1)	0.60 mg	0.95 mg	0.25 mg
Riboflavin (B2)	0.80 mg	1.27 mg	0.33 mg
Niacin	14.5 mgNE	23 mgNE	5.9 mgNE

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Pantothenic Acid	3.0 mg	4.8 mg	1.2 mg
Vitamin B6	1.2 mg	1.9 mg	0.5 mg
Biotin	30 µg	47.6 µg	12.3 µg
Folic Acid	110 µg	170 µg	45 µg
Vitamin B12	1.5 µg	2.4 µg	0.6 µg
Vitamin C	40 mg	63 mg	16 mg
Vitamin D	3.4 µg	5.4 µg	1.4 µg
Vitamin E	7.0 mgTE	11.1 mgTE	2.9 mgTE
Vitamin K	36 µg	57 µg	14.8 µg
Calcium	380 mg	600 mg	160 mg
Chromium	10 µg	16 µg	4.1 µg
Copper	0.8 mg	1.3 mg	0.3 mg
Fluoride	0.9 mg	1.4 mg	0.4 mg
Iodine	78 µg	124 µg	32 µg
Iron	7.2 mg	11.4 mg	3.0 mg
Magnesium	146 mg	231 mg	60 mg
Manganese	1.0 mg	1.6 mg	0.4 mg
Molybdenum	13.0 µg	20.6 µg	5.3 µg
Phosphorus	330 mg	520 mg	140 mg
Selenium	27 µg	43 µg	11 µg

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Servings Per Pack: 10 Serving Size: 63g (Powder)	Average Quantity per Serving	Average Quantity per 100g	**Average Quantity per 100ml (made up with 200ml water)
Zinc	4.4 mg	7.0 mg	1.8 mg
Potassium	955 mg	1515 mg	390 mg
Chloride	320 mg	510 mg	130 mg
Gluten	Nil detected	Nil detected	Nil detected

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