

OPTIFAST® VLCD™ Shakes - Strawberry, Banana, Mocha

nestlehealthconnect.com.au/products/optifast-vlcd-shakes-strawberry-banana-mocha



SIZES:- 1 box contains 12 x 53g sachets (Carton contains 6 boxes)

Note: OPTIFAST VLCD Shakes - Strawberry, Banana and Mocha and are a different formulation to the OPTIFAST VLCD Shakes – Vanilla, Chocolate and Coffee. For information on Vanilla, Chocolate and Coffee shakes, please [click here](#).

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

OPTIFAST VLCD Strawberry, Mocha and Banana flavour shakes contain 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 shakes offer convenient nutritious drinks that can be consumed in place of a meal.

If you need something that is easy to prepare and satisfying with every sip OPTIFAST VLCD 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

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

Low Glycemix Index (GI):

- Strawberry: 26
 - Banana: 29
 - Mocha: 23
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- Nutritionally Complete
 - 28 Vitamins and Minerals
 - High in Protein
 - Source of fibre
 - Low GI
 - Halal Certified
 - Gluten Free
 - Contains Dairy
 - Contains Fish
 - Contains Soy
 - Contains Phenylalanine

Add one sachet of OPTIFAST[®] VLCD[™] to 200-250mL of cold or warm water.

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

One shake is equivalent to one meal on the OPTIFAST Program.

All prepared products should be tightly covered and consumed within 4 hours at room temperature or within 24 hours if refrigerated.

Note: Discard any unfinished product that has been heated.

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 Shakes 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.

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.

Strawberry Flavour: Skimmed **Milk** Powder (31%), **Milk** Proteins [Calcium Caseinate (20%), Sodium Caseinate (10%)], Maltodextrin (Corn), Vegetable Oil (Canola, Sunflower), Minerals (Potassium Citrate, Magnesium Carbonate, Calcium Phosphate, Sodium Chloride, Potassium Phosphate Ferric Pyrophosphate, Copper Gluconate, Zinc Sulphate, Manganese Sulphate, Sodium Fluoride, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Chromium Chloride), Vegetable Gum (414), Fructo-oligosaccharide, Inulin, Medium Chain Triglycerides, Glucose Syrup (Corn), Sugar, Fish Oil, Emulsifiers (472c, Soy Lecithin, 471), Colour (Beetroot), Sweeteners (Aspartame, Acesulfame Potassium), Antioxidants (301, 304, 306), Flavour, Vitamins (Vitamin E Acetate, Nicotinamide, Calcium Pantothenate, Sodium Ascorbate, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Vitamin A Acetate, Riboflavin, Folic Acid, Phytomenadione, Cholecalciferol, Cyanocobalamin, Biotin).

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

Mocha Flavour: Skimmed **Milk** Powder (31%), **Milk** Proteins [Calcium Caseinate (20%), Sodium Caseinate (10%)], Maltodextrin (Corn), Vegetable Oils (Canola, Sunflower), Minerals (Potassium Citrate, Magnesium Carbonate, Calcium Phosphate, Sodium Chloride, Potassium Phosphate, Ferric Pyrophosphate, Copper Gluconate, Zinc Sulphate, Manganese Sulphate, Sodium Fluoride, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Chromium Chloride), Coffee Extract (3.5%), Vegetable Gum (414), Fructo-oligosaccharide, Cocoa Powder (2%), Inulin, Medium Chain Triglycerides, Glucose Syrup (Corn), Fish Oil, Sugar, Colour (Beetroot), Sweeteners (Aspartame, Acesulfame Potassium), Emulsifiers (472c, Soy Lecithin, 471), Antioxidants (301, 304, 306), Flavour, Vitamins (Vitamin E Acetate, Nicotinamide, Calcium Pantothenate, Sodium Ascorbate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin A Acetate, Riboflavin, Folic Acid, Phytomenadione, Cholecalciferol, Cyanocobalamin, Biotin).

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

Banana Flavour: Skimmed **Milk** Powder (31%), **Milk** Proteins [Calcium Caseinate (20%), Sodium Caseinate (10%)], Maltodextrin (Corn), Vegetable Oil (Canola, Sunflower), Minerals (Potassium Citrate, Magnesium Carbonate, Calcium Phosphate, Sodium Chloride, Potassium Phosphate, Ferric Pyrophosphate, Copper Gluconate, Zinc Sulphate, Manganese Sulphate, Sodium Fluoride, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Chromium Chloride), Vegetable Gum (414), Fructo-oligosaccharide, Inulin, Medium Chain Triglycerides, Glucose Syrup (Corn), Sugar, Fish Oil, Emulsifiers (472c, Soy Lecithin, 471), Sweeteners (Aspartame, Acesulfame Potassium), Antioxidants (301, 304, 306), Vitamins (Vitamin E Acetate, Nicotinamide, Calcium Pantothenate, Sodium Ascorbate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin A Acetate, Riboflavin, Folic Acid, Phytomenadione, Cholecalciferol, Cyanocobalamin, Biotin), Colour (Curcumin, Beetroot), Flavour.

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

OPTIFAST® VLCD™ Shake

Servings Per Package: 12 Serving Size: 53 g		Average Quantity per Serving		Average Quantity per 100ml (made up with 200mL water)
	Units		Average Quantity per 100g	
Energy	kJ	840	1580	354
Energy	Cal	201	379	85
Protein	g	20	37.7	8.4

OPTIFAST® VLCD™ Shake

Servings Per Package: 12 Serving Size: 53 g	Units	Average Quantity per Serving	Average Quantity per 100g	Average Quantity per 100ml (made up with 200mL water)
Fat, Total	g	4.5	8.5	1.9
- Saturated	g	0.9	1.7	0.4
- Linolenic Acid	g	1.2	2.2	0.5
- α-Linolenic Acid	mg	196	370	83
Carbohydrate	g	18.2	34.4	7.7
- Sugars	g	10.1	19	4.3
- Lactose	g	9.5	18	4
Dietary Fibre	g	3.6	6.8	1.5
Sodium	mg	215	410	92
Vitamin A	µg RE	345	650	146
Thiamin (B1)	mg	0.58	1.1	0.2
Riboflavin (B2)	mg	0.74	1.4	0.3
Niacin	mg NE	8	15	3.4
Pantothenic Acid	mg	2.7	5	1.1
Vitamins B6	mg	1	1.9	0.4
Biotin	µg	10.6	20	4.5
Folic Acid	µg	110	210	47
Vitamin B12	µg	1.1	2	0.4
Vitamin C	mg	40	75	17

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Servings Per Package: 12 Serving Size: 53 g	Units	Average Quantity per Serving	Average Quantity per 100g	Average Quantity per 100ml (made up with 200mL water)
Vitamin D	µg	3.7	7	1.6
Vitamin E	mg TE	7.4	14	3.1
Vitamin K	µg	31.8	60	13.4
Calcium	mg	420	800	180
Chromium	µg	13	25	5.6
Copper	mg	1.1	2	0.4
Fluoride	µg	340	650	146
Iodine	µg	98	185	42
Iron	mg	8	15	3.4
Magnesium	mg	160	300	67
Manganese	mg	0.8	1.5	0.3
Molybdenum	µg	18.6	35	7.8
Phosphorus	mg	360	680	150
Selenium	µg	40	75	16.8
Zinc	mg	4.2	8	1.8
Potassium	mg	955	1800	405
Chloride	mg	280	530	120
Gluten	mg/kg	nil detected	nil detected	nil detected