

OPTIFAST® VLCD™ Shakes - Vanilla, Chocolate, Coffee

nestlehealthconnect.com.au/products/optifast-vlcd-shakes-vanilla-chocolate-coffee



- 2 SIZES: - 1 box contains 12 x 53g sachets (Carton contains 6 boxes)
- 1 box contains 18 x 53g sachets (Carton contains 4 boxes)

Note: OPTIFAST VLCD Shakes - Vanilla, Chocolate and Coffee are a different formulation to the OPTIFAST VLCD Shakes – Banana, Mocha and Strawberry. For information on Banana, Mocha and Strawberry 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 Vanilla, Chocolate and Coffee flavour shakes contain 27 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 Glycemic Index (GI):

- Vanilla: 28
- Chocolate: 22
- Coffee: 25
- Nutritionally Complete
- 27 Vitamins and Minerals

- High in Protein
- Source of fibre
- Low GI
- Halal Certified
- Gluten Free
- Does not contain Soy

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.

Vanilla Flavour: Skimmed **Milk** Powder (40%), **Milk** Proteins [Calcium Caseinate (19%), Sodium Caseinate (7%)], Vegetable Oils (Rapeseed, Sunflower), Maltodextrin (Corn), Minerals (Potassium Citrate, Magnesium Carbonate, Potassium Hydrogen Phosphate, Sodium Chloride, Sodium Citrate, Ferric Pyrophosphate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Potassium Iodide, Sodium Selenite,

Chromium Chloride, Sodium Molybdate), Vegetable Gum (414), Fructo-oligosaccharide, Inulin, Medium Chain Triglycerides, Flavour, Vitamins (Sodium Ascorbate, Vitamin E Acetate, Nicotinamide, Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride, Vitamin A Acetate, Folic Acid, Phytomenadione, Biotin, Cholecalciferol, Cyanocobalamin), Sweeteners(Aspartame, Acesulfame Potassium), Colour (Curcumin), Sugar.

Contains Milk. Contains Phenylalanine. Gluten Free.

Chocolate Flavour: Skimmed **Milk** Powder (40%), **Milk** Proteins [Calcium Caseinate (19%), Sodium Caseinate (6%)], Vegetable Oils (Rapeseed, Sunflower), Maltodextrin (Corn), Cocoa (5%), Minerals (Potassium Citrate, Magnesium Carbonate, Sodium Citrate, Sodium Chloride, Potassium Hydrogen Phosphate, Ferric Pyrophosphate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Potassium Iodide, Sodium Selenite, Chromium Chloride, Sodium Molybdate), Vegetable Gum (414), Fructo-oligosaccharide, Inulin, Medium Chain Triglycerides, Acidity Regulator (501), Vitamins (Sodium Ascorbate, Vitamin E Acetate, Nicotinamide, Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride, Vitamin A Acetate, Folic Acid, Phytomenadione, Biotin, Cholecalciferol, Cyanocobalamin), Sweeteners (Aspartame, Acesulfame Potassium), Flavour.

Contains Milk. Contains Phenylalanine. Gluten Free.

Coffee Flavour: Skimmed **Milk** Powder (40%), **Milk** Proteins [Calcium Caseinate (19%), Sodium Caseinate (7%)], Vegetable Oils (Rapeseed, Sunflower), Maltodextrin (Corn), Minerals (Potassium Citrate, Magnesium Carbonate, Potassium Hydrogen Phosphate, Sodium Chloride, Sodium Citrate, Ferric Pyrophosphate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Sodium Selenite, Chromium Chloride, Sodium Molybdate, Potassium Iodide), Coffee Extract (4.7%), Vegetable Gum (414), Fructo- oligosaccharides, Inulin, Medium Chain Triglycerides, Vitamins (Sodium Ascorbate, Vitamin E Acetate, Niacinamide, Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride, Vitamin A Acetate, Folic Acid, Phytomenadione, Biotin, Cholecalciferol, Cyanocobalamin) Sweeteners (Aspartame, Acesulfame Potassium), Flavour.

Contains Milk. Contains Phenylalanine. Gluten Free.

OPTIFAST® VLCD™ Shake Vanilla 53g

Servings Per Pack: 12 or 18 Serving Size: 53g (Powder)	Average Quantityper Serving	Average Quantityper 100g	Average Quantity per 100ml (made up with 200ml water)
Energy	850 kJ	1600 kJ	336 kJ
	203 Cal	382 Cal	80 Cal
Protein	20 g	37.7 g	7.9 g
Fat-total	4.6 g	8.7 g	1.8 g
- Saturated	0.8 g	1.5 g	0.3 g
- Linolenic Acid	1.3 g	2.4 g	0.5 g
- α-Linolenic	207 mg	390 mg	82 mg
Carbohydrate	18.5 g	34.9 g	7.3 g
- Sugars	12.7 g	23.9 g	5.0 g
- Lactose	11.7 g	22 g	4.6 g
Dietary Fibre	3.6 g	6.8 g	1.4 g
Sodium	250 mg	470 mg	99 mg
Vitamin A	436 ug RE	823 ug RE	173 ug RE
Thiamin B1	0.74 mg	1.40 mg	0.29 mg
Riboflavin (B2)	1.34 mg	2.53 mg	0.53 mg
Niacin	13.8 mg NE	26 mg NE	5.5 mg NE
Pantothenic Acid	4.3 mg	8.1 mg	1.7 mg
Vitamins B6	1.5 mg	2.8 mg	0.6 mg
Biotin	42 ug	79 ug	17 ug
Folic Acid	150 ug	290 ug	59 ug

OPTIFAST® VLCD™ Shake Vanilla 53g

Servings Per Pack: 12 or 18 Serving Size: 53g (Powder)	Average Quantityper Serving	Average Quantityper 100g	Average Quantity per 100ml (made up with 200ml water)
Vitamin B12	2.2 ug	4.2 ug	0.9 ug
Vitamin C	52 mg	98 mg	21 mg
Vitamin D	3.4 ug	6.4 ug	1.3 ug
Vitamin E	8.7 mg TE	16.5 mg TE	3.5 mg TE
Vitamin K	47 ug	88 ug	18 ug
Calcium	400 mg	755 mg	158 mg
Chromium	13 ug	25 ug	5 ug
Copper	0.9 mg	1.7 mg	0.4 mg
Fluoride	-	-	-
Iodine	130 ug	245 ug	51 ug
Iron	8.2 mg	15.5 mg	3 mg
Magnesium	160 mg	310 mg	63 mg
Manganese	0.93 mg	1.75 mg	0.37 mg
Molybdenum	22 ug	42 ug	8.7 ug
Phosphorus	350 mg	660 mg	138 mg
Selenium	34 ug	65 ug	13 ug
Zinc	5.8 mg	10.9 mg	2.3 mg
Potassium	1000 mg	1890 mg	395 mg
Chloride	290 mg	545 mg	115 mg
Gluten	nil detected	nil detected	nil detected