

OPTIFAST® VLCD™ Soups

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



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

Available in 2 flavours:

- Potato and Leek flavour
- Chicken flavour

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

Every soup 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 convenient nutrition that can be consumed in place of a meal.

If you're in the mood for a warm, comforting meal options, soups are the right choice.

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

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

INSTRUCTIONS

Add one sachet of OPTIFAST VLCD Soup to 200-250mL of hot water and stir vigorously. For best results, let sit for 1-2 minutes before consuming. Do Not Boil. 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.

USAGE

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 Soup can be replaced with one serve of any other product in the OPTIFAST VLCD range (Shakes, Bars, Desserts). Suitable as a sole source of nutrition. NOT FOR PARENTERAL USE.**

Storage Advice:

Best before date above.

Store in a cool, dry place.

Contents not to be sold separately.

Chicken flavour:

Milk Protein (Calcium Caseinate, Whey Protein), Corn Starch, Hydrolysed Collagen (Bovine), Minerals (Potassium Phosphate, Sodium Chloride, Calcium Citrate, Magnesium Citrate, Potassium Citrate, Ferric Pyrophosphate, Calcium Carbonate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Sodium Selenite, Chromium Chloride, Sodium Molybdate, Potassium Iodide), Thickener (1442), Vegetable Oil (Rapeseed, Sunflower), Acacia Gum, Fructo-Oligosaccharides, Flavour, Inulin, Dried Parsley, Emulsifier (**Soy** Lecithin), Vitamins (C, E, Niacin, Pantothenic Acid, B6, B2, B1, A, K, Biotin, Folic Acid, D, B12), Glucose, Sweetener (Acesulfame Potassium), Colour (Curcumin).

Contains Milk, Soy.

Gluten Free.

Potato and Leek flavour:

Milk Protein (Calcium Caseinate, Whey Protein), Hydrolysed Collagen (Bovine), Corn Starch, Minerals (Sodium Chloride, Potassium Phosphate, Magnesium Citrate, Potassium Citrate, Calcium Citrate, Calcium Phosphate, Ferric Pyrophosphate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Sodium Selenite, Chromium Chloride, Sodium Molybdate, Potassium Iodide), Vegetable Oil (Rapeseed, Sunflower), Potato (7%), Thickener (1442), Acacia Gum, Dried Leek (2.3%), Fructo-Oligosaccharide, Spinach, Inulin, Flavour, Dried Chive, Emulsifier (**Soy** Lecithin), Vitamins (C, E, Niacin, Pantothenic Acid, B6, B2, B1, A,K, Biotin, Folic Acid, D, B12), Glucose, Sweetener (Acesulfame Potassium), Colour (Curcumin).

Contains Milk, Soy.

Gluten Free.

OPTIFAST® VLCD™

	Units	Optifast® VLCD™ Soup Chicken 10 (8x53g)		Optifast® VLCD™ Soup Potato & Leek 10 (8x53g)	
		Ave Quantity per serving	Ave Quantity per 100g	Ave Quantity per serving	Ave Quantity per 100g
Energy	kJ	843	1590	843	1590
	Cal	201	379	201	379
Protein	g	20.4	38.5	20.4	38.5
- Collagen	g	8.5	16	8.2	15.5
Fat, total	g	4.3	8.1	4.3	8.1
- Saturated	g	0.5	0.9	0.5	0.9
- Linoleic acid	g	1.2	2.3	1.2	2.3
- α-Linoleic acid	mg	201	380	201	380
Carbohydrate	g	18.3	34.5	18.3	34.5
- Sugars	g	0.9	1.7	1.6	3
- Lactose	g	0.3	0.5	0.3	0.5

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		Optifast® VLCD™ Soup Chicken 10 (8x53g)		Optifast® VLCD™ Soup Potato & Leek 10 (8x53g)	
Dietary Fibre	g	3.6	6.8	3.6	6.8
Sodium	mg	640	1210	625	1180
Vitamin A	µg RE	320	604	320	604
Thiamin (B1)	mg	0.55	1.0	0.55	1.0
Riboflavin (B2)	mg	0.80	1.50	0.80	1.50
Niacin	mg NE	10.6	20	10.6	20
Pantothenic Acid	mg	2.8	5.3	2.8	5.3
Vitamin B6	mg	1.10	2.1	1.1	2.1
Biotin	µg	30	56	30	56
Folic Acid	µg	110	208	110	208
Vitamin B12	µg	1.3	2.5	1.3	2.5
Vitamin C	mg	40	75	40	75
Vitamin D	µg	2.5	4.8	2.5	4.8
Vitamin E	mg TE	6.9	13	6.9	13
Vitamin K	µg	36	68	45	85
Calcium	mg	380	720	380	720
Chromium	µg	18.6	35	20.1	38
Copper	mg	0.80	1.5	0.8	1.5
Fluoride	µg	-	-	-	-

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		Optifast® VLCD™ Soup Chicken 10 (8x53g)		Optifast® VLCD™ Soup Potato & Leek 10 (8x53g)	
Iodine	µg	73	138	73	138
Iron	mg	8.0	15	8.0	15
Magnesium	mg	160	300	160	300
Manganese	mg	0.9	1.7	0.9	1.7
Molybdenum	µg	16	30	17	32
Phosphorus	mg	330	625	330	625
Selenium	µg	26	49	26	49
Zinc	mg	4.7	8.8	4.7	8.8
Potassium	mg	830	1570	830	1570
Chloride	mg	860	1620	850	1600
Gluten	mg/kg	Nil detected		Nil detected	

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