

OPTIFAST® Vegetable Soup Mix

Key Benefits

- The science-based program that delivers weight loss for health gains
- For use as part of the comprehensive OPTIFAST® weight-loss program
- Excellent source of protein (16 g/serving) to help maintain muscle mass during weight loss
- Contains 3 g of soluble fiber/serving to support digestive health

Notes & Disclaimers for Key Benefits (Healthcare Professionals)

Nutritional Features

	OPTIFAST® Vegetable Soup Mix
kcal/mL	
Caloric Distribution Protein (% of kcal)	Protein 41% Carbohydrate 39% Fat 20%
L-Arginine (g)	
L-Glutamine (g)	
Sodium (mEq)	26
Calcium (mEq)	13
Potassium (mEq)	18
Chloride (mEq)	21
NPC:N Ratio	37:1
MCT:LCT Ratio	
n6:n3 Ratio	
Free Water (%)	
Dietary Nucleotides (g)	
EPA + DHA (g)	
Source of Oil	
Osmolality (mOsm/kg water)	
Density (g/mL)	1.06
Renal Solute Load (mOsm/L)	
mL to Meet 100% DRI	
ARA (mg)	

Macro-Nutrient

Sources

Protein Source

- Calcium Caseinate (Milk)
- Hydrolyzed Collagen Peptides (From Bovine)
- Whey Protein Isolate
- Acid Casein

Fat Source

- Canola Oil

Carbohydrate Source

- Modified Cornstarch
- Isomaltulose
- Maltodextrin

Fiber Source

- Partially Hydrolyzed Guar Gum

Nutritional

Applications

- Overweight and obesity

Important Notes: NOT FOR PARENTERAL USE.
The OPTIFAST® products and program are not intended for individuals under 13 years.

Allergens

By Nature:
Milk, Soy

Nutrition Facts

1 Serving Per Container	
Serving Size	43.8g
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	0
Cholesterol 5mg	2%
Sodium 600mg	26%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g of Added Sugars	8%
Protein 16g	32%
Vitamin D 4mcg	20%
Iron 3.6mg	20%
Vitamin A 180mcg	20%
Vitamin E 3mg	20%
Thiamin 0.3mg	25%
Niacin 3.2mg	20%
Folate 80mcg DFE (48mcg Folic Acid)	20%
Biotin 6mcg	20%
Phosphorus 250mg	20%
Magnesium 85mg	20%
Selenium 11mcg	20%
Manganese 0.5mg	20%
Molybdenum 9mcg	20%
Choline 20mg	4%
Calcium 260mg	20%
Potassium 700mg	15%
Vitamin C 18mg	20%
Vitamin K 24mcg	20%
Riboflavin 0.3mcg	25%
Vitamin B6 0.4mg	25%
Vitamin B12 0.5mcg	20%
Pantothenic Acid 1mg	20%
Iodine 30mcg	20%
Zinc 2.2mg	20%
Copper 0.2mg	20%
Chromium 7mcg	20%
Chloride 750mg	35%
Water mL	

* The % Daily Value (DV) tells you how much a nutrient in a serving food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Suitable Diets

- Suitable for lactose intolerance. Not for individuals with galactosemia.
- Gluten Free

Important Notes:

Ingredients

CALCIUM CASEINATE (MILK), MODIFIED CORNSTARCH, HYDROLYZED COLLAGEN PEPTIDES (FROM BOVINE), ISOMALTULOSE, CANOLA OIL, MALTODEXTRIN, PARTIALLY HYDROLYZED GUAR GUM, WHEY PROTEIN ISOLATE, SALT, DRIED CARROTS, POTASSIUM PHOSPHATE, TOMATO POWDER, AND LESS THAN 2% OF ACID CASEIN, XANTHAN GUM, NATURAL AND ARTIFICIAL FLAVOR, SPICE, CALCIUM PHOSPHATE, POTASSIUM CITRATE, DRIED ONION, MAGNESIUM OXIDE, SOY LECITHIN, POTASSIUM CHLORIDE, CHOLINE BITARTRATE, ASCORBIC ACID, DRIED RED BELL PEPPERS, DL-ALPHA TOCOPHERYL ACETATE, AUTOLYZED YEAST EXTRACT, FERROUS SULFATE, ZINC SULFATE, NIACINAMIDE, MANGANESE SULFATE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, VITAMIN A PALMITATE, COPPER SULFATE, THIAMINE HYDROCHLORIDE, RIBOFLAVIN, FOLIC ACID, POTASSIUM IODIDE, SODIUM SELENATE, VITAMIN K1, CHROMIUM CHLORIDE, SODIUM MOLYBDATE, BIOTIN, VITAMIN D3, VITAMIN B12

DRI

Coverage

Product Codes

	OPTIFAST® Vegetable Soup Mix 10 x 7 x 1.53 oz
NDC-Format Number	43900-0389-73
Case UPC	10043900936861
Each UPC	00043900389738
Product Code	12534950

