

OPTIFAST® Bars Peanut Butter Chocolate

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 4 g of soluble fibers/serving to support digestive health

Notes & Disclaimers for Key Benefits (Healthcare Professionals)

Nutritional Features

	OPTIFAST® Bars Peanut Butter Chocolate
kcal/mL	
Caloric Distribution Protein (% of kcal)	Protein 38% Carbohydrate 35% Fat 27%
L-Arginine (g)	
L-Glutamine (g)	
Sodium (mEq)	9
Calcium (mEq)	13
Potassium (mEq)	9
Chloride (mEq)	6
NPC:N Ratio	40:1
MCT:LCT Ratio	
n6:n3 Ratio	
Free Water (%)	
Dietary Nucleotides (g)	
EPA + DHA (g)	
Source of Oil	
Osmolality (mOsm/kg water)	
Density (g/mL)	
Renal Solute Load (mOsm/L)	
mL to Meet 100% DRI	
ARA (mg)	

Macro-Nutrient

Sources

Protein Source

- Soy Protein Isolate
- Peanut Butter
- Milk Protein Concentrate

Fat Source

- Peanut Butter
- Fractionated Palm Kernel Oil
- Cocoa Processed with Alkali
- High Oleic Sunflower Oil
- Peanut Oil

Carbohydrate Source

- Brown Rice Syrup
- Maltitol Syrup
- Peanut Butter
- Glycerin
- Maltodextrin
- Dextrose

Fiber Source

- Fructooligosaccharides
- Gum Acacia
- Inulin (From Chicory)

Nutritional

Applications

- Overweight and obesity

Important Notes: NOT FOR PARENTERAL USE.
Sweetened with nutritive and non-nutritive sweeteners The OPTIFAST® products and program are not intended for individuals under 13 years.

Allergens

By Nature:
Milk, Peanut, Soy

Nutrition Facts

1 Serving Per Container	
Serving Size	43g
Amount Per Serving	
Calories	160
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	0
Cholesterol 5mg	2%
Sodium 210mg	9%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 3g of Added Sugars	6%
Protein 16g	32%
Vitamin D 4mcg	20% • Calcium 260mg 20%
Iron 3.6mg	20% • Potassium 370mg 8%
Vitamin A 180mcg	20% • Vitamin C 27mg 30%
Vitamin E 3mg	20% • Vitamin K 24mcg 20%
Thiamin 0.24mg	20% • Riboflavin 0.26mcg 20%
Niacin 3.2mg	20% • Vitamin B6 0.34mg 20%
Folate 80mcg DFE (48mcg Folic Acid)	20% • Vitamin B12 0.48mcg 20%
Biotin 6mcg	20% • Pantothenic Acid 1mg 20%
Phosphorus 250mg	20% • Iodine 30mcg 20%
Magnesium 84mg	20% • Zinc 2.2mg 20%
Selenium 11mcg	20% • Copper 0.18mg 20%
Manganese 0.46mg	20% • Chromium 7mcg 20%
Molybdenum 13.4mcg	30% • Chloride 200mg 8%
Choline 20mg	4% • 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.
- Kosher

Important Notes:

Ingredients

SOY PROTEIN ISOLATE, BROWN RICE SYRUP, MALTITOL SYRUP, PEANUT BUTTER, GLYCERIN, FRACTIONATED PALM KERNEL OIL, MILK PROTEIN CONCENTRATE, FRUCTOOLIGOSACCHARIDES, GUM ACACIA, AND LESS THAN 2% OF INULIN (FROM CHICORY), NATURAL FLAVOR, COCOA PROCESSED WITH ALKALI, CALCIUM PHOSPHATE, POTASSIUM CITRATE, POTASSIUM CHLORIDE, MALTODEXTRIN, HIGH OLEIC SUNFLOWER OIL, DEXTROSE, MAGNESIUM OXIDE, SOY LECITHIN, PEANUT OIL, ASCORBIC ACID, SALT, CHOLINE BITARTRATE, MIXED TOCOPHEROLS, VANILLA EXTRACT, SUCRALOSE, DL-ALPHA TOCOPHERYL ACETATE, NIACINAMIDE, FERRIC PHOSPHATE, ZINC OXIDE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, MANGANESE SULFATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, POTASSIUM IODIDE, VITAMIN K1, SODIUM SELENITE, CHROMIUM CHLORIDE, SODIUM MOLYBDATE, BIOTIN, VITAMIN D3, VITAMIN B12

DRI

Coverage

Product Codes

	OPTIFAST® Bars Peanut Butter Chocolate 12 x 7 x 1.52 oz
NDC-Format Number	43900-0467-45
Case UPC	10043900565511
Each UPC	00043900467450
Product Code	12560384

