

Product Information Sheet

Prod No.	GTIN	Product Name	Pack Size	Shelf Life	Serves/Pack	Brand	Sub Brand	Type	Sub Type	PackID
12585245	7613036530392	OPTIFAST VLCD Bar Chocolate 70g	420G	12 Months	6					72072131

Product Name	OPTIFAST VLCD Bar Chocolate 70g
Product Description	<p>Our OPTIFAST VLCD Bars provide high protein, complete nutrition with delicious flavours for you to enjoy.</p> <p>Every bar contains 24 key vitamins and minerals to assist with safe and effective weight loss on the OPTIFAST Program. High in protein and fibre, the bars offer convenient nutrition that can be consumed in place of a meal.</p> <p>If you don't have time to prepare a shake or simply love a bar, OPTIFAST VLCD Bars are a great option that can be enjoyed on-the-go!</p> <p>The OPTIFAST Program is scientifically designed to help you achieve effective weight loss results. Whichever program level you're on, OPTIFAST VLCD Bars 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, Desserts and Soups and build a mix of meal options that suit your preferences and taste buds. This means you can eat, drink or sip and enjoy!</p> <p>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.</p> <p>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 VLED products, such as OPTIFAST VLCD. With a formulated meal replacement, you can only replace 1-2 meals per day.</p> <p>Additional Information:</p> <ul style="list-style-type: none"> Product Claims: High in Protein Size: 6 x 70g Serving Size: 70g (Bar) Servings Per Pack: 6

Ingredients

Ingredients: Milk Proteins, Milk Chocolate (14%) [Sugar, Cocoa Solids (5.4%), Whole Milk Powder, Emulsifier (Soy Lecithin), Flavour], Sorbitol, Glycerol, Polydextrose, Minerals (Potassium Citrate, Calcium Carbonate, Sodium Citrate, Sodium Phosphate, Magnesium Carbonate, Magnesium Phosphate, Calcium Phosphate, Copper Sulphate, Iron Pyrophosphate, Potassium Iodate, Sodium Selenate, Zinc Oxide, Manganese Sulphate), Cocoa Powder (5%), Vegetable Oils (Rapeseed, Safflower), Water, Fructose Syrup, Soy Protein Isolate, Glucose Syrup, Flavour, Invert Sugar, Vitamins (Ascorbic Acid, Vitamin E Acetate, Niacinamide, Vitamin A Acetate, Calcium Pantothenate, Biotin, Cyanocobalamin, Folic Acid, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, Phyloquinone, Thiamin Mononitrate), Emulsifier (Soy Lecithin).

Contains Milk, Soy.

May contain Peanuts, Tree Nuts, Gluten, Oat, Wheat, Barley.

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May contain Peanuts, Tree Nuts, Gluten, Oat, Wheat, Barley.

Allergens

Allergen Name	Formulated Into Product	Via Cross Contact
Gluten and Gluten Products		✓
Milk and milk products	✓	
Soy and soy products	✓	
Tree nuts and tree nut products		✓
Peanuts and peanut products		✓
Barley and barley products		✓
Oats and oat products		✓
Wheat and wheat products		✓

Nutritional Information

OPTIFAST VLCD Bar Chocolate 70g			
Servings Per Pack: 6 Serving Size: 70g (bar)	Average Quantity per Serving	%DI* per Serving	Average Quantity per 100g
Energy	952 kJ		1360 kJ
	227 Cal		324 Cal
Protein	20.2 g		28.8 g
Fat-total	7.6 g		10.8 g
- Saturated	3.0 g		4.3 g

- Polyunsaturated	1.4 g	2.0 g
- ALA	168 mg	240 mg
- LA	1190 mg	1700 mg
- Monounsaturated	3.1 g	4.4 g
Carbohydrate	22.1 g	31.5 g
- Sugars	6.1 g	8.8 g
- lactose	1.4 g	2.0 g
- Sorbitol	4.2 g	6.0 g
- Glycerol	7.5 g	10.7 g
Dietary Fibre	7.4 g	10.5 g
- Polydextrose	5.3 g	7.5 g
Sodium	335 mg	480 mg
Vitamin A	336 µgRE	480 µgRE
Vitamin B1(Thiamin)	0.49 mg	0.70 mg
Riboflavin (B2)	0.98 mg	1.4 mg
Niacin	14 mg	20 mg
Folate	180 µg	260 µg
Vitamin B6	1.0 mg	1.4 mg
Vitamin B12	2.2 µg	3.2 µg
Biotin	25 µg	35 µg
Pantothenic Acid	3.0 mg	4.3 mg
Vitamin C	39 mg	56 mg
Vitamin D	3.2 µg	4.5 µg
Vitamin E	5.6 mgα-TE	8.0 mgα-TE
Vitamin K	37 µg	53 µg
Zinc	5.3 mg	7.5 mg
Calcium	460 mg	650 mg
Iron	6.8 mg	9.8 mg
Iodine	70 µg	100 µg
Magnesium	150 mg	210 mg
Manganese	0.8 mg	1.2 mg
Phosphorus	340 mg	480 mg
Selenium	39 µg	55 µg
Copper	700 µg	1000 µg
Potassium	840 mg	1200 mg

Statements and Claims

Complete nutrition

High in protein

Low GI = 19

High in fibre

Warnings and Advisory Statements

UNSUITABLE FOR USE BY PREGNANT OR LACTATING WOMEN, INFANTS, CHILDREN, ADOLESCENTS OR PEOPLE OLDER THAN 65 YEARS OF AGE.

Optifast® VLCD™ should be taken under the supervision of a healthcare professional. It is indicated for persons with a BMI>30 or a BMI>27 with medical complications associated with obesity.

VERY LOW ENERGY DIET. TAKE AN ADDITIONAL TWO LITRES OF CALORIE-FREE FLUID EACH DAY.

Very Low Energy Diet: For Intensive Phase 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

VERY LOW CALORIE DIET One serve of Optifast® VLCD™ Bars can be replaced with one serve of any other product in the Optifast® VLCD™ range (Desserts, Soups, Shakes).

Preparation or User Instructions

Instructions

Open wrapper and consumer bar. OPTIFAST VLCD bars are convenient and ready to eat. One bar is equivalent to one meal on the OPTIFAST VLCD Program.

Once opened consume straight away, if not consumed straight away, reseal tightly to ensure freshness, consume within 24hrs.

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 a 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 Bar can be replaced with one serve of any other product in the OPTIFAST VLCD range (Desserts, Soups, Shakes).

Suitable as a sole source of nutrition.

NOT FOR PARENTERAL USE.

Storage Instructions

Store box in a dry, cool place.

Contents not to be sold separately.

Contact Details

Company

Nestlé Healthcare Nutrition

Nestlé Healthcare Nutrition

Address

12-16 Nicholls Lane,
1 Homebush Bay Drive

Suburb

Parnell,
Rhodes

State

Auckland
NSW

Postcode

1010,
2138

Country

New Zealand.
Australia.

Country of Origin Labelling

Made in Germany

Australasian Recycling Label



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recycling advice
arl.org.au

QR Code

Status: Active

Effectivity:

Date of Issue: 04/11/2024 @ 12:34

nutribank.
OnPack

Disclaimer: This information is correct at date of issue and may be subject to change. Please check the product label before consuming product.