

## Product Information Sheet

Prod No.	GTIN	Product Name	Pack Size	Shelf Life	Serves/Pack	Brand	Sub Brand	Type	Sub Type	PackID
12585350	7613036530132	OPTIFAST VLCD Bar Berry Crunch Flavour 65g	390G	12 Months	6	OPTIFAST	VLCD BAR	BAR	BERRY CRUNCH	72072231

<b>Product Name</b>	OPTIFAST VLCD Bar Berry Crunch Flavour 65g
<b>Product Description</b>	<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 <a href="http://www.optifast.com.au">www.optifast.com.au</a>.</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"> <li>Product Claims: High in Protein</li> <li>Size: 6 x 65g</li> <li>Serving Size: 65g (Bar)</li> <li>Servings Per Pack: 6</li> </ul>

Packaging Pack Type	Packaging Description	GTIN	Pack No.	Dimension	Gross Weight
Retail Pack	OPTIFAST VLCD BAR Berry N1 12(6x65g) AU	7613036530132	72072231		

<b>Ingredients</b>	Ingredients:
Soy Crisp (Soy Protein Isolate, Tapioca Starch, Salt), Milk Chocolate (16%) [Sugar, Cocoa Solids (6.2%), Whole Milk Powder, Emulsifier (Soy Lecithin), Flavour], Soy Protein Isolate, Sorbitol, Polydextrose, Minerals (Potassium Citrate, Calcium Carbonate, Sodium Phosphate, Magnesium Carbonate, Sodium Citrate, Magnesium Phosphate, Calcium Phosphate, Copper Sulphate, Iron Pyrophosphate, Potassium Iodate, Sodium Selenate, Zinc Oxide, Manganese Sulphate), Soybean, Glycerol, Water, Rapeseed Oil, Inulin, Maltodextrin, Fruit Preparation 1.5% [Sugar, Fructose Syrup, Raspberry Puree (0.2%), Raspberry Juice Concentrate (0.3%), Apple Puree (0.2%), Rice Flour, Cherry Juice Concentrate (0.02%)], Glucose Fructose Syrup, Vitamins (Ascorbic Acid, Vitamin E Acetate, Niacinamide, Vitamin A Acetate, Calcium Pantothenate, Biotin, Cyanocobalamin, Folic Acid, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, Phylloquinone, Thiamin Mononitrate), Flavour, Sweeteners (Sucralose, Acesulfame Potassium), Emulsifier (Soy Lecithin).	
<b>Contains Milk, Soy.</b>	
<b>May contain Peanuts, Tree Nuts, Gluten, Oat, Wheat, Barley.</b>	
<b>Contains Milk, Soy.</b>	
<b>May contain Peanuts, Tree Nuts, Gluten, Oat, Wheat, Barley.</b>	

Allergens	Formulated Into Product	Via Cross Contact
Allergen Name		
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 Berry Crunch Flavour 65g			
Servings Per Pack: 6	Average Quantity per Serving	%DI* per Serving	Average Quantity per 100g
Serving Size: 65g (bar)			

Energy	943 kJ	1450 kJ
	225 Cal	346 Cal
Protein	21 g	32 g
Fat-total	7.3 g	11.3 g
- Saturated	3.1 g	4.8 g
- Polyunsaturated	1.5 g	2.3 g
- ALA	208 mg	320 mg
- LA	1300 mg	2000 mg
- Monounsaturated	2.5 g	3.8 g
Carbohydrate	20.2 g	31 g
- Sugars	6.7 g	10.3 g
- Lactose	1.3 g	2 g
- Sorbitol	3.6 g	5.5 g
- Glycerol	3.9 g	6.0 g
Dietary Fibre	6.2 g	9.5 g
- Polydextrose	3.9 g	6.0 g
Sodium	425 mg	650 mg
Vitamin A	390 µgRE	600 µgRE
Vitamin B1(Thiamin)	0.46 mg	0.70 mg
Riboflavin (B2)	0.91 mg	1.40 mg
Niacin	11.7 mg	18 mg
Folate	163 µg	250 µg
Vitamin B6	0.91 mg	1.4 mg
Vitamin B12	1.7 µg	2.6 µg
Biotin	23 µg	35 µg
Pantothenic Acid	2.9 mg	4.4 mg
Vitamin C	36 mg	56 mg
Vitamin D	2.9 µg	4.5 µg
Vitamin E	5.5 mgα-TE	8.4 mgα-TE
Vitamin K	34 µg	53 µg
Zinc	5.4 mg	8.3 mg
Calcium	420 mg	650 mg
Iron	8.1 mg	12.5 mg
Iodine	75 µg	115 µg
Magnesium	150 mg	230 mg
Manganese	1.0 mg	1.5 mg
Phosphorus	360 mg	550 mg
Selenium	36 µg	55 µg
Copper	700 µg	1100 µg
Potassium	780 mg	1200 mg

#### Statements and Claims

Complete nutrition

Low GI - 28

High in protein

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.

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



Get the latest  
recycling advice  
[arl.org.au](http://arl.org.au)

## QR Code

Status: Active

Effectivity:

Date of Issue: 04/11/2024 @ 12:33

**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.