



Optifast Diet

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Warnings:

- ▶ This product contains milk, fish, and soy.
- ▶ Contains phenylalanine (not to be used by people with phenylketonuria)

Chocolate dessert:

Each pack contains eight sachets of Optifast chocolate dessert. To use, add an Optifast sachet with 200 ml of cold water to the bowl and stir vigorously with a fork or hand mixer. Leave in the refrigerator for 5 minutes, preferably, and then consume

Store the prepared product in a sealed container in the refrigerator (temperature less than 4 degrees).

All prepared products should be stored in a closed container and consumed for up to 6 hours at room temperature or 24 hours in the refrigerator.

Warnings:

- ▶ This product contains milk, fish, and soy.
- ▶ Contains phenylalanine (not to be used by people with phenylketonuria)
- ▶ In the production process of this product, the equipment has been used that processes products containing eggs.

chicken soup

To prepare Optifast soup, add the contents of one sachet to 200-250 ml of warm water (not boiling water) and then shake well to dissolve. You can also add the contents of a sachet to cold water and shake well. Please place it in a sealed container in the microwave for 1 minute at high temperature or gently heat and stir. Do not boil it.



Warnings:

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- ▶ In the production process of this product, the equipment has been used that processes products containing eggs.

Cappuccino bar

Optifast devices are easy to use. Moreover, in each package, there are six cappuccino bars. Each of the "bars" is equivalent to one meal in the Optifast diet program.

Be sure to store this product in a cool, dry place.

Warnings:

- ▶ This product contains milk and soy.
- ▶ It may contain peanuts, tree seeds, and barley.



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► What are the uses of Optifast products?

VLCD diet, weight loss diet, diet before and after British surgery (weight loss)

► Contraindications: ◀

These products are not recommended for pregnant and lactating women, children, and people over 65 years (if used as the only nutrition source).



PICK ANY 1 YOU LIKE

The Optifast program is a low-calorie yet nutritious diet that has been scientifically designed to control obesity and overweight.

This program is designed to replace 1 to 3 meals a day and help losing weight by limiting the amount of calories eating.

► Important Note: ◀

Optifast is a diet plan for specific medical purposes and should be used under a nutritionist and physician's supervision.

Optifast products are not drugs.

These products include quality protein, carbohydrates, essential fatty acids, and all the micronutrients needed to maintain a healthy body and can provide all the nutritional needs throughout the day.



► Optifast shake ◀

This chic is offered in three flavors: chocolate, vanilla, and strawberry.

Each Optifast shake package contains 12 sachets.

To prepare the Optifast chic, add the contents of one sachet to 200-250 ml of cold water. Then shake it well to mix and dissolve. Do not use boiling water in the preparation of the product.

All prepared products should be stored in a closed container and consumed for up to 6 hours at room temperature or 24 hours in the refrigerator.