



V200117

Soy Protein Amount	No Soy	No Milk	No Egg	No Peanut	No Tree Nuts	No Fish	No Shellfish	No Wheat	Shared Equipment / Facility*	Certified Gluten-Free	Kosher Dairy	Kosher Parve	Non-Kosher	Vegetarian Friendly Ovo-Lacto	Added Caffeine Amount per Serving	Natural Caffeine Amount per Serving	Contains Sugar Alcohol
--------------------	--------	---------	--------	-----------	--------------	---------	--------------	----------	------------------------------	-----------------------	--------------	--------------	------------	----------------------------------	--------------------------------------	----------------------------------------	---------------------------

OPTAVIA

OPTAVIA Bar Fuelings

Campfire S'mores Crisp	9 g		✓	✓	✓	✓	✓	✓			✓			✓		5-10 mg	✓
Caramel Delight Crisp	10 g		✓		✓	✓	✓	✓			✓			✓		5-10 mg	✓
Chocolate Cherry Ganache	8 g				Almonds	✓	✓	✓	✓	✓	✓			✓		5-10 mg	
Chocolate Mint Cookie Crisp	9 g		✓	✓	✓	✓	✓	✓			✓			✓		<5 mg	✓
Cranberry Honey Nut Granola	9 g				Almonds	✓	✓	✓	✓	✓	✓			✓			✓
Creamy Double Peanut Butter Crisp	9 g		✓		✓	✓	✓	✓			✓			✓			✓
Dark Chocolate Coconut Curry	8 g				Almonds, Coconut	✓	✓	✓	✓	✓	✓			✓		<5 mg	
Drizzled Berry Crisp	9 g					✓	✓	✓	✓	✓	✓			✓			✓
Drizzled Chocolate Fudge Crisp	9 g		✓	✓	✓	✓	✓	✓			✓			✓		<5 mg	✓
Frosted Cinnamon Spice Crisp	9 g					✓	✓	✓	✓	✓	✓			✓			✓
Frosted Cookie Dough	5 g		✓	✓	✓	✓	✓	✓			✓			✓			✓
Honey Chili Cranberry Nut	8 g				Almonds	✓	✓	✓	✓	✓	✓			✓			✓
Raisin Oat Cinnamon Crisp	9 g					✓	✓	✓	✓	✓	✓			✓			✓
Silky Peanut Butter & Chocolate Chip	5 g		✓		✓	✓	✓	✓			✓			✓		<5 mg	
Zesty Lemon Crisp	9 g					✓	✓	✓	✓	✓	✓			✓			✓

OPTAVIA Breakfast Style Fuelings

Cinnamon Crunchy O's Cereal	10 g		✓	✓	✓	✓	✓	✓		✓		✓		✓			
Golden Chocolate Chip Pancakes	5 g				✓	✓	✓	✓		✓	✓			✓		<5 mg	
Golden Pancakes	4 g				✓	✓	✓	✓		✓	✓			✓			✓
Old Fashioned Maple & Brown Sugar Oatmeal	9 g		✓	✓	✓	✓	✓	May Contain			✓			✓			
Orchard Apple & Cinnamon Spiced Oatmeal	9 g		✓	✓	✓	✓	✓	May Contain			✓			✓			
Red Berry Crunchy O's Cereal	10 g		✓	✓	✓	✓	✓	✓		✓		✓		✓			
Wild Blueberry Almond Hot Cereal	0 g	May Contain		✓	✓	Almonds	✓	✓	May Contain		✓			✓			

OPTAVIA Crunchers, Poppers & Sticks Fuelings

Smoky BBQ Crunchers	10 g		✓	✓	✓	✓	✓	✓		✓		✓		✓			
Zesty Cheddar & Italian Herb Crunchers	10 g			✓	✓	✓	✓	✓		✓	✓			✓			
Jalapeño Cheddar Poppers	10 g			✓	✓	✓	✓	✓		✓	✓			✓			
Cinnamon Sugar Sticks	9 g			✓	✓		✓	✓	✓	✓	✓			✓			
Honey Mustard & Onion Sticks	9 g			✓	✓		✓	✓	✓	✓	✓			✓			


OPTAVIA Dessert Style Fuelings

Chewy Chocolate Chip Cookie	10 g			✓	✓	✓	✓	✓		✓	✓			✓		<5 mg	
Chocolate Fudge Pudding	3 g			✓	✓	✓	✓	✓		✓	✓			✓		<5 mg	
Cinnamon Cream Cheese Swirl	0 g				✓	Coconut	✓	✓	✓	✓	✓			✓			

✓ = Product does not contain allergen

Specific tree nut listed =Present in product


Shared Equipment/Facility
= See product page for more information

	Soy Protein Amount	No Soy	No Milk	No Egg	No Peanut	No Tree Nuts	No Fish	No Shellfish	No Wheat	Shared Equipment / Facility*	Certified Gluten-Free	Kosher Dairy	Kosher Parve	Non-Kosher	Vegetarian Friendly Ovo-Lacto	Added Caffeine Amount per Serving	Natural Caffeine Amount per Serving	Contains Sugar Alcohol	
Decadent Chocolate Brownie with Greek Yogurt Chips	9 g				✓	✓	✓	✓	✓		✓	✓			✓		<5 mg		
Frosty Coffee Soft Serve Treat	0 g	✓			✓	✓	✓	✓	✓		✓	✓			✓		30-35 mg	✓	
Frosty Mint Chocolate Soft Serve Treat	0 g	✓			✓	✓	✓	✓	✓		✓	✓			✓		<5 mg		
Sweet Blueberry Biscuit	7 g				✓	✓	✓	✓	✓		✓	✓			✓				
OPTAVIA Drink Fuelings																			
Frothy Cappuccino Boost	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓	100 mg	<5 mg		
Velvety Hot Chocolate	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓		<5 mg		
OPTAVIA Hearty Fuelings																			
Buttermilk Cheddar Herb Biscuit	0 g	✓			✓	Coconut	✓	✓	✓		✓	✓			✓				
Cheesy Buttermilk Cheddar Mac & Cheese	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓				
Hearty Red Bean & Vegetable Chili	8 g		✓	✓	✓	✓	✓	✓	✓		✓		✓		✓				
Honey Sweet Potatoes	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓				
Roasted Garlic Creamy Smashed Potatoes	0 g	✓			✓	✓	✓	✓	✓		✓	✓			✓				
Rustic Tomato Herb Penne	9 g			✓	✓	✓	✓	✓	✓		✓	✓			✓				
Sour Cream and Chive Smashed Potatoes	0 g	✓			✓	✓	✓	✓	✓		✓	✓			✓				
Spinach Pesto Mac & Cheese	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓				
OPTAVIA Shakes & Smoothie Fuelings																			
Caramel Macchiato	0 g	✓			✓	✓	✓	✓	✓		✓	✓			✓		5-10 mg	✓	
Chia Bliss	0 g	✓		✓	✓	Coconut	✓	✓	✓		✓	✓			✓				
Creamy Chocolate	12 g			✓	✓	✓	✓	✓	✓		✓	✓			✓		<5 mg		
Creamy Vanilla	12 g			✓	✓	✓	✓	✓	✓		✓	✓			✓			✓	
Dark Chocolate Covered Cherry	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓		10-15 mg		
Mocha Blast	11 g			✓	✓	✓	✓	✓	✓		✓	✓			✓		35-40 mg		
Rich Dark Chocolate (with Antioxidants)	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓		10-15 mg	✓	
Silky Peanut Butter	0 g	✓			✓	✓	✓	✓	✓		✓	✓			✓			✓	
Tropical Fruit	0 g				✓	✓	✓	✓	✓		✓	✓			✓				
Wild Strawberry	12 g			✓	✓	✓	✓	✓	✓		✓	✓			✓				
Yogurt Berry Blast	0 g	✓			✓	✓	✓	✓	✓		✓	✓			✓				
OPTAVIA Soup Fuelings																			
Beef & Garden Vegetable	6 g		✓	✓	✓	✓	✓	✓	✓		✓			✓					
Homestyle Chicken Flavored & Vegetable Noodle	11 g		✓		✓	✓	✓	✓	✓		✓		✓		✓				
Wild Rice & Chicken Flavored	9 g		✓	✓	✓	✓	✓	✓	✓		✓			✓					
OPTAVIA Snacks																			
Puffed Ranch Snacks	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓				
Puffed Sweet & Salty Snacks	0 g	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓		✓				
Olive Oil & Sea Salt Popcorn	0 g	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓			✓				

✓ = Product does not contain allergen

Specific tree nut listed =Present in product

Shared Equipment/Facility
= See product page for more information

	Soy Protein Amount	No Soy	No Milk	No Egg	No Peanut	No Tree Nuts	No Fish	No Shellfish	No Wheat	Shared Equipment / Facility*	Certified Gluten-Free	Kosher Dairy	Kosher Parve	Non-Kosher	Vegetarian Friendly Ovo-Lacto	Added Caffeine Amount per Serving	Natural Caffeine Amount per Serving	Contains Sugar Alcohol	
Sharp Cheddar & Sour Cream Popcorn	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓				
OPTAVIA Purposeful Hydration																			
Start Strong Juicy Orange	0 g	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓		✓				
B Active Refreshing Raspberry Lemonade	0 g	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓		✓				
B Active Lemon Lime Zest	0 g	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓		✓				
Replenish Bold Mixed Berry	0 g	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓		✓				
Optimal Health																			
Optimal Health Bars																			
Dark Chocolate Dream	15 g				✓	✓	✓	✓	✓		✓	✓			✓		5-10 mg	✓	
Strawberry Yogurt	11 g			✓	✓	✓	✓	✓	✓		✓	✓			✓				
Optimal Health Shakes																			
Chocolate Peanut Butter	0 g	✓		✓		✓	✓	✓	✓		✓	✓			✓		<5 mg	✓	
Cookies & Cream	8 g			✓	✓	✓	✓	✓	✓			✓			✓				
Optimal Health Smoothies																			
Piña Colada	8 g			✓	✓	✓	✓	✓	✓		✓	✓			✓				
Strawberry Banana	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓				
Flavors of Home																			
Beef Stew	0 g	✓	✓	✓	✓	✓	✓	✓	✓					✓					
Chicken Cacciatore	2 g		✓		✓	✓	✓	✓	✓					✓					
Chicken and Rice with Vegetables	2 g		✓	✓	✓	✓	✓	✓	✓					✓					
Chili Lime Chicken & Rice	2 g		✓	✓	✓	✓	✓	✓	✓					✓					
Ginger Lemongrass Chicken	2 g		✓	✓	✓	✓	✓	✓	✓					✓					
Turkey Meatball Marinara	0 g	✓	✓	✓	✓	✓	✓	✓	✓					✓					
Flavor Infusers																			
Energy Infusers																			
Mandarin Orange	0 g	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓		✓	50 mg			
Unsweetened Lemon	0 g	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓		✓	50 mg			
Essential1®: Antioxidant Flavor Infusers™																			
Raspberry Acai Flavor Infuser™	0 g	✓	✓	✓	✓	✓	✓	✓	✓				✓		✓				
White Grape Peach Flavor Infuser™	0 g	✓	✓	✓	✓	✓	✓	✓	✓				✓		✓				
Essential1®: Calorie Burn Flavor Infusers™																			
Green Tea Lemon Flavor Infuser™	0 g	✓	✓	✓	✓	✓	✓	✓	✓				✓		✓	100 mg	<5 mg		
Mixed Berry Flavor Infuser™	0 g	✓	✓	✓	✓	✓	✓	✓	✓				✓		✓	100 mg			
Strawberry Lemonade Flavor Infuser™	0 g	✓	✓	✓	✓	✓	✓	✓	✓				✓		✓	100 mg			
Dietary Supplements																			

✓ = Product does not contain allergen

Specific tree nut listed =Present in product

Shared Equipment/Facility
= See product page for more information



	Soy Protein Amount	No Soy	No Milk	No Egg	No Peanut	No Tree Nuts	No Fish	No Shellfish	No Wheat	Shared Equipment / Facility*	Certified Gluten-Free	Kosher Dairy	Kosher Parve	Non-Kosher	Vegetarian Friendly Ovo-Lacto	Added Caffeine Amount per Serving	Natural Caffeine Amount per Serving	Contains Sugar Alcohol	
Digestive Enzyme Dietary Supplement	0 g		✓	✓	✓	✓	✓	✓						✓	✓				
Omega 3 Dietary Supplement	0 g		✓	✓	✓	✓		✓	✓					✓	✓				
Probiotic Dietary Supplement	0 g	✓	✓	✓	✓	✓	✓	✓	✓					✓	✓				
Vitamin B-12 Dietary Supplement	0 g	✓	✓	✓	✓	✓	✓	✓	✓					✓	✓				
Medifast Classics																			
Bars																			
Caramel Crunch	10 g			✓		✓	✓	✓	✓			✓			✓		5-10 mg	✓	
Caramel Nut	6 g			✓		✓	✓	✓	✓			✓			✓		5-10 mg	✓	
Chocolate Crunch	9 g			✓	✓	✓	✓	✓	✓			✓			✓		5-10 mg	✓	
Chocolate Mint Crunch	10 g			✓	✓	✓	✓	✓	✓			✓			✓		5-10 mg	✓	
Cinnamon Roll Crunch	9 g						✓	✓		✓		✓			✓			✓	
Cookie Dough	6 g			✓	✓	✓	✓	✓				✓			✓			✓	
Fruit & Nut Crunch	9 g			✓		Almonds	✓	✓	✓			✓			✓			✓	
Lemon Meringue Crunch	10 g			✓	✓	✓	✓	✓	✓			✓			✓			✓	
Oatmeal Raisin Crunch	9 g						✓	✓		✓		✓			✓			✓	
Peanut Butter Chocolate Chip	5 g			✓		✓	✓	✓	✓			✓			✓		<5 mg	✓	
Peanut Butter Crunch	9 g			✓		✓	✓	✓	✓			✓			✓		<5 mg	✓	
S'more Crunch	9 g			✓	✓	✓	✓	✓	✓			✓			✓		5-10 mg	✓	
Strawberry Crunch	9 g						✓	✓		✓		✓			✓			✓	
Breakfast Style																			
Apple Cinnamon Oatmeal	9 g		✓	✓	✓	✓	✓	✓	May Contain			✓			✓				
Chocolate Chip Pancakes	5 g				✓	✓	✓	✓	✓		✓	✓			✓		<5 mg		
Cinnamon & Brown Sugar Crunch	10 g		✓	✓	✓	✓	✓	✓	✓		✓	✓			✓				
Maple & Brown Sugar Oatmeal	9 g		✓	✓	✓	✓	✓	✓	May Contain			✓			✓				
Mixed Berry Cereal Crunch	10 g		✓	✓	✓	✓	✓	✓	✓		✓	✓			✓				
Original Pancakes	4 g				✓	✓	✓	✓	✓		✓	✓			✓			✓	
Crunchers																			
BBQ Bites	10 g		✓	✓	✓	✓	✓	✓	✓		✓		✓		✓				
Cheese Pizza Bites	10 g			✓	✓	✓	✓	✓	✓		✓	✓			✓				
Chili Nacho Puffs	10 g			✓	✓	✓	✓	✓	✓		✓	✓			✓				
Cinnamon Pretzel Sticks	9 g			✓	✓	✓	✓	✓		✓		✓			✓				
Honey Mustard Pretzel Sticks	9 g			✓	✓	✓	✓	✓		✓		✓			✓				
Dessert Style																			
Blueberry Muffin Soft Bake	7 g				✓	✓	✓	✓	✓		✓	✓			✓				
Brownie Soft Bake	9 g				✓	✓	✓	✓	✓		✓	✓			✓		10-15 mg		
Chocolate Chip Soft Bake	10 g			✓	✓	✓	✓	✓	✓		✓	✓			✓		<5 mg		

✓ = Product does not contain allergen

Specific tree nut listed =Present in product

Shared Equipment/Facility
= See product page for more information



	Soy Protein Amount	No Soy	No Milk	No Egg	No Peanut	No Tree Nuts	No Fish	No Shellfish	No Wheat	Shared Equipment / Facility*	Certified Gluten-Free	Kosher Dairy	Kosher Parve	Non-Kosher	Vegetarian Friendly Ovo-Lacto	Added Caffeine Amount per Serving	Natural Caffeine Amount per Serving	Contains Sugar Alcohol	
Chocolate Pudding	3 g			✓	✓	✓	✓	✓	✓		✓	✓			✓		<5 mg		
Drinks																			
Calorie Burn Cappuccino	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓	99 mg	<5 mg		
Hot Cocoa	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓		<5 mg		
Hearty Meals																			
Garlic Mashed Potatoes	0 g	✓			✓	✓	✓	✓	✓		✓	✓			✓				
Macaroni and Cheese	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓				
Sour Cream and Chive Mashed Potatoes	0 g	✓			✓	✓	✓	✓	✓		✓	✓			✓				
Ziti Marinara	9 g			✓	✓	✓	✓	✓	✓		✓	✓			✓				
Shakes & Smoothies																			
Dark Chocolate Antioxidant Shake	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓		10-15 mg	✓	
Dutch Chocolate Shake	12 g			✓	✓	✓	✓	✓	✓		✓	✓			✓		<5 mg		
French Vanilla Shake	13 g			✓	✓	✓	✓	✓	✓		✓	✓			✓				
Mocha Shake	12 g			✓	✓	✓	✓	✓	✓		✓	✓			✓		20-25 mg		
Orange Cream Shake	12 g			✓	✓	✓	✓	✓	✓		✓	✓			✓				
Pineapple Mango Smoothie	0 g				✓	✓	✓	✓	✓		✓	✓			✓				
Strawberry Shake	12 g			✓	✓	✓	✓	✓	✓		✓	✓			✓				
Soups																			
Chicken Flavored Noodle Soup	10 g		✓		✓	✓	✓	✓	✓					✓					
Wild Rice & Chicken Flavored Soup	8 g		✓	✓	✓	✓	✓	✓	✓		✓			✓					
Snacks																			
Multigrain Crackers	0 g	✓	✓	✓	✓	✓	✓	✓	✓				✓		✓				
Rosemary Sea Salt Crackers	0 g	✓	✓	✓	✓	✓	✓	✓	✓				✓		✓				
Cheddar & Sour Cream Popcorn	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓				
Sea Salt Popcorn	0 g	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓			✓				
<i>Note: Because product information may change over time, the label on the package is always the best information for that specific product.</i>																			

✓ = Product does not contain allergen

Specific tree nut listed = Present in product

Shared Equipment/Facility
= See product page for more information