



| <br>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<br>Ovo-Lacto | Added Caffeine<br>Amount per Serving | Natural Caffeine<br>Amount per Serving | Contains Sugar<br>Alcohol |  |
|---|------|--------------------|--------|---------|--------|------------------|--------------|---------|--------------|-------------|------------------------------|-----------------------|--------------|--------------|------------|----------------------------------|--------------------------------------|--|---------------------------|--|
| <b>OPTAVIA</b>  |      |                    |        |         |        |                  |              |         |              |             |                              |                       |              |              |            |                                  |                                      |  |                           |  |
| <b>OPTAVIA Bar Fuelings</b>   |      |                    |        |         |        |                  |              |         |              |             |                              |                       |              |              |            |                                  |                                      |  |                           |  |
| 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  |                    |        |         |        | ✓                | ✓            | ✓       | ✓            | ✓           | ✓                            | ✓                     | ✓            |              |            | ✓                                |                                      |  | ✓                         |  |
| <b>OPTAVIA Breakfast Style Fuelings</b>   |      |                    |        |         |        |                  |              |         |              |             |                              |                       |              |              |            |                                  |                                      |  |                           |  |
| 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  |             |                              | ✓                     | ✓            |              |            | ✓                                |                                      |  |                           |  |
| <b>OPTAVIA Crunchers, Poppers &amp; Sticks Fuelings</b>                                     |      |                    |        |         |        |                  |              |         |              |             |                              |                       |              |              |            |                                  |                                      |  |                           |  |
| 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  |                    |        | ✓       | ✓      |                  | ✓            | ✓       | ✓            | ✓           | ✓                            | ✓                     | ✓            |              |            | ✓                                |                                      |  |                           |  |
| <b>OPTAVIA Dessert Style Fuelings</b>   |      |                    |        |         |        |                  |              |         |              |             |                              |                       |              |              |            |                                  |                                      |  |                           |  |
| Chewy Chocolate Chip Cookie   | 10 g |                    |        | ✓       | ✓      | ✓                | ✓            | ✓       | ✓            | ✓           |                              | ✓                     | ✓            |              |            | ✓                                |                                      | <5 mg                                  |                           |  |
| Chocolate Fudge Pudding   | 3 g  |                    |        | ✓       | ✓      | ✓                | ✓            | ✓       | ✓            | ✓           |                              | ✓                     | ✓            |              |            | ✓                                |                                      | <5 mg                                  |                           |  |
| Cinnamon Cream Cheese Swirl   | 0 g  |                    |        |         | ✓      | Coconut          | ✓            | ✓       | ✓            | ✓           |                              | ✓                     | ✓            |              |            | ✓                                |                                      |  |                           |  |

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|--|--------------------|--------|---------|--------|-----------|--------------|---------|--------------|----------|------------------------------|-----------------------|--------------|--------------|------------|----------------------------------|--------------------------------------|--|---------------------------|--|
| 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                |        |         |        | ✓         | ✓            | ✓       | ✓            | ✓        |                              | ✓                     | ✓            |              |            | ✓                                |                                      |  |                           |  |
| <b>OPTAVIA Drink Fuelings</b>  |                    |        |         |        |           |              |         |              |          |                              |                       |              |              |            |                                  |                                      |  |                           |  |
| Frothy Cappuccino Boost  | 0 g                | ✓      |         | ✓      | ✓         | ✓            | ✓       | ✓            | ✓        |                              | ✓                     | ✓            |              |            | ✓                                | 100 mg                               | <5 mg                                  |                           |  |
| Velvety Hot Chocolate  | 0 g                | ✓      |         | ✓      | ✓         | ✓            | ✓       | ✓            | ✓        |                              | ✓                     | ✓            |              |            | ✓                                |                                      | <5 mg                                  |                           |  |
| <b>OPTAVIA Hearty Fuelings</b>   |                    |        |         |        |           |              |         |              |          |                              |                       |              |              |            |                                  |                                      |  |                           |  |
| 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                | ✓      |         | ✓      | ✓         | ✓            | ✓       | ✓            | ✓        |                              | ✓                     | ✓            |              |            | ✓                                |                                      |  |                           |  |
| <b>OPTAVIA Shakes &amp; Smoothie Fuelings</b>                                    |                    |        |         |        |           |              |         |              |          |                              |                       |              |              |            |                                  |                                      |  |                           |  |
| 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                | ✓      |         |        | ✓         | ✓            | ✓       | ✓            | ✓        |                              | ✓                     | ✓            |              |            | ✓                                |                                      |  |                           |  |
| <b>OPTAVIA Soup Fuelings</b>   |                    |        |         |        |           |              |         |              |          |                              |                       |              |              |            |                                  |                                      |  |                           |  |
| Beef & Garden Vegetable  | 6 g                |        | ✓       | ✓      | ✓         | ✓            | ✓       | ✓            | ✓        |                              | ✓                     |              |              | ✓          |                                  |                                      |  |                           |  |
| Homestyle Chicken Flavored & Vegetable Noodle                                    | 11 g               |        | ✓       |        | ✓         | ✓            | ✓       | ✓            | ✓        |                              | ✓                     |              | ✓            |            | ✓                                |                                      |  |                           |  |
| Wild Rice & Chicken Flavored   | 9 g                |        | ✓       | ✓      | ✓         | ✓            | ✓       | ✓            | ✓        |                              | ✓                     |              |              | ✓          |                                  |                                      |  |                           |  |

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