
 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
<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	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			

✓ = 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				✓	✓	✓	✓	✓		✓	✓			✓				
<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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