
 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		✓	✓	✓	✓	✓	✓	✓		✓			✓					

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