



Product Nutrition Guide

Last Updated 7/13/2005

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	440 mg	13%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	8 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 28.0 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
- Contains 8 g soy protein*
- ✓ Contains Whey

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	25%
Iron.....	25%
Vitamin D.....	25%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	25%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	30%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	55%

Ingredients

Soy protein isolate, fructose, milk protein isolate, cocoa (processed with alkali), oat fiber, sweet dairy whey, guar gum, calcium phosphate, potassium chloride, salt, maltodextrin, microcrystalline cellulose, natural & artificial flavors, acesulfame potassium (non-nutritive sweetener), magnesium oxide, dl-methionine, modified corn starch, corn syrup solids, soy lecithin, ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	420 mg	12%
Total Carbohydrate	13 g	4%
Dietary Fiber	3 g	12%
Sugars	9 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 0

Serving Size: 27.7 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
- Contains 8 g soy protein*
- ✓ Caffeine Free
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	25%
Iron.....	25%
Vitamin D.....	25%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	25%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	55%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, fructose, milk protein isolate, oat fiber, sweet dairy whey, guar gum, potassium chloride, calcium phosphate, microcrystalline cellulose, salt, maltodextrin, natural & artificial flavors, magnesium oxide, dl-methionine, modified corn starch, corn syrup solids, soy lecithin, acesulfame potassium (non-nutritive sweetener), ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	420 mg	12%
Total Carbohydrate	13 g	4%
Dietary Fiber	3 g	12%
Sugars	9 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 0

Serving Size: 27.6 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
- Contains 8 g soy protein*
- ✓ Caffeine Free
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium	25%
Iron.....	25%
Vitamin D.....	25%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	30%
Niacin	20%
Vitamin B6	35%
Folate	25%
Vitamin B12	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	25%
Magnesium.....	20%
Zinc	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	55%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, fructose, milk protein isolate, oat fiber, sweet dairy whey, guar gum, potassium chloride, calcium phosphate, maltodextrin, microcrystalline cellulose, salt, natural & artificial flavors, magnesium oxide, dl-methionine, soy lecithin, modified corn starch, acesulfame potassium (non-nutritive sweetener), ascorbic acid, ferric orthophosphate, dicalcium phosphate, Red #40, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	420 mg	12%
Total Carbohydrate	13 g	4%
Dietary Fiber	3 g	12%
Sugars	9 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 0

Serving Size: 27.8 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
- Contains 8 g soy protein*
- ✓ Caffeine Free
- ✓ Contains Whey

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	25%
Iron.....	25%
Vitamin D.....	25%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	25%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	55%

Ingredients

Soy protein isolate, fructose, milk protein isolate, oat fiber, sweet dairy whey, guar gum, potassium chloride, calcium phosphate, natural & artificial flavors, microcrystalline cellulose, salt, modified corn starch, magnesium oxide, dl-methionine, soy lecithin, maltodextrin, acesulfame potassium (non-nutritive sweetener), ascorbic acid, yellow #6, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	440 mg	13%
Total Carbohydrate	14 g	5%
Dietary Fiber	3 g	12%
Sugars	9 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 29.3 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
- Contains 8 g soy protein*
- ✓ Contains Whey

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	25%
Iron.....	25%
Vitamin D.....	25%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	25%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	55%

Ingredients

Soy protein isolate, fructose, milk protein isolate, oat fiber, sweet dairy whey, maltodextrin, guar gum, potassium chloride, calcium phosphate, microcrystalline cellulose, salt, cocoa (processed with alkali), instant coffee, corn starch, natural & artificial flavors, magnesium oxide, dl-methionine, soy lecithin, acesulfame potassium (non-nutritive sweetener), ascorbic acid, artificial color (Red #40, Yellow #6, Yellow #5, Blue #1), ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	420 mg	12%
Total Carbohydrate	13 g	4%
Dietary Fiber	3 g	12%
Sugars	9 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 0

Serving Size: 27.9 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
- Contains 8 g soy protein*
- ✓ Caffeine Free
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium	25%
Iron.....	25%
Vitamin D.....	25%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	30%
Niacin	20%
Vitamin B6	35%
Folate	25%
Vitamin B12	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	25%
Magnesium.....	20%
Zinc	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	55%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, fructose, milk protein isolate, oat fiber, sweet dairy whey, guar gum, potassium chloride, calcium phosphate, natural & artificial flavors, microcrystalline cellulose, salt, modified corn starch, magnesium oxide, dl-methionine, soy lecithin, maltodextrin, acesulfame potassium (non-nutritive sweetener), ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, yellow #6, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	420 mg	12%
Total Carbohydrate	13 g	4%
Dietary Fiber	3 g	12%
Sugars	9 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 0

Serving Size: 27.6 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
Contains 8 g soy protein
- ✓ Caffeine Free
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	25%
Iron.....	25%
Vitamin D.....	25%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	25%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	55%
Chloride.....	8%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, fructose, milk protein isolate, oat fiber, sweet dairy whey, guar gum, potassium chloride, calcium phosphate, microcrystalline cellulose, salt, maltodextrin, modified food starch, natural and artificial flavors, magnesium oxide, dl-methionine, soy lecithin, acesulfame potassium (non-nutritive sweetener), modified corn starch, corn syrup solids, ascorbic acid, ferric orthophosphate, dicalcium phosphate, vitamin E acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, yellow #5, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Medifast® 55 Ready-to-Drink

Dutch Chocolate

6870

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	200 mg	8%
Potassium	460 mg	13%
Total Carbohydrate	12 g	4%
Dietary Fiber	3 g	12%
Sugars	6 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 8 oz (237 mL)

Servings per Container: 1

This Product is:

- ✓ Lactose Free
- ✓ Heart Healthy
Contains 10.5g soy protein
- ✓ Also Formulated for Diabetics

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	30%
Calcium.....	35%
Iron.....	25%
Vitamin D.....	20%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	30%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	30%
Iodine.....	20%
Magnesium.....	15%
Zinc.....	20%
Selenium.....	20%
Copper.....	30%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	50%

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- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Water, soy protein isolate, fructose, sucrose, maltodextrin, cocoa (processed with alkali), gum arabic, calcium phosphate, natural and artificial flavors, canola oil, cellulose gel, dipotassium phosphate, soy lecithin, salt, lactic acid, potassium chloride, cellulose gum, acesulfame potassium (non-nutritive sweetener), carrageenan, sodium ascorbate, magnesium oxide, dicalcium phosphate, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, d-calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, thiamin mononitrate, riboflavin, vitamin A palmitate, folic acid, chromium chloride, sodium molybdate, biotin, potassium iodide, sodium selenite, phytonadione (vitamin K1), vitamin D₃, cyanocobalamin (vitamin B₁₂)

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	200 mg	8%
Potassium	380 mg	11%
Total Carbohydrate	12 g	4%
Dietary Fiber	3 g	12%
Sugars	6 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 8 oz (237 mL)

Servings per Container: 1

This Product is:

- ✓ Lactose Free
- ✓ Heart Healthy
Contains 10.9g soy protein
- ✓ Also Formulated for Diabetics

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	30%
Calcium.....	35%
Iron.....	25%
Vitamin D.....	20%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	30%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	30%
Iodine.....	20%
Magnesium.....	15%
Zinc.....	20%
Selenium.....	20%
Copper.....	30%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	50%

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- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Water, soy protein isolate, fructose, sucrose, gum arabic, maltodextrin, calcium phosphate, artificial flavors, cellulose gel, canola oil, dipotassium phosphate, soy lecithin, potassium chloride, salt, lactic acid, cellulose gum, acesulfame potassium (non-nutritive sweetener), carrageenan, sodium ascorbate, magnesium oxide, dicalcium phosphate, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, d-calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, thiamin mononitrate, riboflavin, vitamin A palmitate, folic acid, chromium chloride, sodium molybdate, biotin, potassium iodide, sodium selenite, phytonadione (vitamin K1), vitamin D₃, cyanocobalamin (vitamin B₁₂)

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	440 mg	13%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	8 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 31.4 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
Contains 10 g soy protein
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	30%
Calcium	35%
Iron.....	30%
Vitamin D.....	25%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin	20%
Vitamin B6	30%
Folate	25%
Vitamin B12	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus.....	25%
Iodine.....	25%
Magnesium.....	20%
Zinc	20%
Selenium.....	20%
Copper.....	30%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	50%

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- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, fructose, milk protein isolate, cocoa (processed with alkali), oat fiber, sweet dairy whey, calcium phosphate, guar gum, microcrystalline cellulose, potassium chloride, maltodextrin, salt, natural & artificial flavors, dl-methionine, acesulfame potassium (non-nutritive sweetener), magnesium oxide, soy lecithin, modified corn starch, corn syrup solids, ascorbic acid, ferric orthophosphate, vitamin E acetate, vitamin A palmitate, niacinamide, zinc oxide, d-calcium pantothenate, manganese sulfate, copper sulfate, vitamin D₃, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, phytonadione, cyanocobalamin (vitamin B₁₂)

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	400 mg	11%
Total Carbohydrate	13 g	4%
Dietary Fiber	3 g	12%
Sugars	9 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 31.0 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
Contains 10 g soy protein
- ✓ Contains Whey
- ✓ Caffeine Free

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	30%
Calcium	35%
Iron.....	30%
Vitamin D.....	25%
Vitamin E	20%
Vitamin K.....	20%
Thiamin (B1)	30%
Riboflavin.....	30%
Niacin	20%
Vitamin B6	30%
Folate	25%
Vitamin B12	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus.....	25%
Iodine.....	25%
Magnesium.....	20%
Zinc	20%
Selenium.....	20%
Copper.....	25%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	50%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, fructose, milk protein isolate, oat fiber, sweet dairy whey, calcium phosphate, potassium chloride, guar gum, microcrystalline cellulose, salt, maltodextrin, natural & artificial flavors, dl-methionine, magnesium oxide, modified corn starch, soy lecithin, corn syrup solids, acesulfame potassium (non-nutritive sweetener), ascorbic acid, ferric orthophosphate, vitamin E acetate, vitamin A palmitate, niacinamide, zinc oxide, d-calcium pantothenate, manganese sulfate, copper sulfate, vitamin D₃, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, phytonadione, cyanocobalamin (vitamin B₁₂)

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	260 mg	11%
Potassium	400 mg	11%
Total Carbohydrate	13 g	4%
Dietary Fiber	3 g	12%
Sugars	9 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 31.0 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
Contains 10 g soy protein
- ✓ Contains Whey
- ✓ Caffeine Free

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	30%
Calcium	35%
Iron.....	30%
Vitamin D.....	25%
Vitamin E	20%
Vitamin K.....	20%
Thiamin (B1)	30%
Riboflavin.....	30%
Niacin	20%
Vitamin B6	30%
Folate	25%
Vitamin B12	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus.....	25%
Iodine.....	25%
Magnesium.....	20%
Zinc	20%
Selenium.....	20%
Copper.....	25%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	50%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, fructose, milk protein isolate, oat fiber, sweet dairy whey, calcium phosphate, potassium chloride, guar gum, microcrystalline cellulose, maltodextrin, salt, natural & artificial flavors, modified corn starch, dl-methionine, magnesium oxide, soy lecithin, acesulfame potassium (non-nutritive sweetener), ascorbic acid, ferric orthophosphate, red #40, vitamin E acetate, vitamin A palmitate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, vitamin D₃, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, phytonadione, cyanocobalamin (vitamin B₁₂)

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	260 mg	11%
Potassium	410 mg	12%
Total Carbohydrate	13 g	4%
Dietary Fiber	3 g	12%
Sugars	9 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 31.2 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
Contains 10 g soy protein
- ✓ Contains Whey
- ✓ Caffeine Free

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	30%
Calcium	35%
Iron.....	30%
Vitamin D.....	25%
Vitamin E	20%
Vitamin K.....	20%
Thiamin (B1)	30%
Riboflavin.....	30%
Niacin	20%
Vitamin B6	30%
Folate	25%
Vitamin B12	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus.....	25%
Iodine.....	25%
Magnesium.....	20%
Zinc	20%
Selenium.....	20%
Copper.....	25%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	50%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, fructose, milk protein isolate, oat fiber, sweet dairy whey, calcium phosphate, potassium chloride, guar gum, microcrystalline cellulose, modified corn starch, salt, maltodextrin, natural & artificial flavors, dl-methionine, magnesium oxide, soy lecithin, acesulfame potassium (non-nutritive sweetener), ascorbic acid, yellow #6, ferric orthophosphate, vitamin E acetate, vitamin A palmitate, niacinamide, zinc oxide, d-calcium pantothenate, manganese sulfate, copper sulfate, vitamin D₃, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, phytonadione, cyanocobalamin (vitamin B₁₂)

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	410 mg	12%
Total Carbohydrate	14 g	5%
Dietary Fiber	3 g	12%
Sugars	9 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 32.7 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
- Contains 10 g soy protein*
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	30%
Calcium	35%
Iron.....	25%
Vitamin D.....	25%
Vitamin E	25%
Vitamin K.....	20%
Thiamin (B1)	30%
Riboflavin.....	30%
Niacin	20%
Vitamin B6	30%
Folate	20%
Vitamin B12	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus.....	30%
Iodine.....	20%
Magnesium.....	20%
Zinc	20%
Selenium.....	20%
Copper.....	25%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	50%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, fructose, milk protein isolate, oat fiber, sweet dairy whey, maltodextrin, calcium phosphate, guar gum, microcrystalline cellulose, potassium chloride, instant coffee, cocoa (processed with alkali), corn starch, natural & artificial flavors, salt, dl-methionine, magnesium oxide, soy lecithin, acesulfame potassium (non-nutritive sweetener), ascorbic acid, artificial colors (red #40, yellow #60, yellow #5, blue #1), ferric orthophosphate, vitamin E acetate, vitamin A palmitate, niacinamide, zinc oxide, d-calcium pantothenate, manganese sulfate, copper sulfate, vitamin D₃, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, phytonadione, cyanocobalamin (vitamin B₁₂)

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	400 mg	11%
Total Carbohydrate	13 g	4%
Dietary Fiber	3 g	12%
Sugars	9 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 31.4 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
Contains 10 g soy protein
- ✓ Contains Whey
- ✓ Caffeine Free

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium	30%
Iron.....	30%
Vitamin D.....	25%
Vitamin E	20%
Vitamin K.....	20%
Thiamin (B1)	35%
Riboflavin.....	30%
Niacin	20%
Vitamin B6	35%
Folate	25%
Vitamin B12	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus.....	25%
Iodine.....	25%
Magnesium.....	20%
Zinc	20%
Selenium.....	20%
Copper.....	25%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	55%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, fructose, milk protein isolate, oat fiber, sweet dairy whey, chicory root extract (inulin), calcium phosphate, potassium chloride, guar gum, microcrystalline cellulose, maltodextrin, salt, modified food starch, natural and artificial flavors, dl-methionine, magnesium oxide, soy lecithin, acesulfame potassium (non-nutritive sweetener), modified corn starch, corn syrup solids, ascorbic acid, ferric orthophosphate, dicalcium phosphate, vitamin E acetate, vitamin A palmitate, niacinamide, zinc oxide, d-calcium pantothenate, yellow #5, manganese sulfate, copper sulfate, vitamin D3, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, phytonadione, cyanocobalamin (vitamin B₁₂)

Medifast® Plus for Appetite Suppression

Chocolate

7090

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	270 mg	11%
Potassium	400 mg	11%
Total Carbohydrate	11 g	4%
Dietary Fiber	4 g	16%
Sugars	6 g	
Protein	14g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 31.5 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
Contains 8.6 g soy protein
- ✓ Also Formulated for Diabetics
- ✓ Contains Whey

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	30%
Iron.....	30%
Vitamin D.....	30%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	35%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	25%
Iodine.....	30%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	25%
Manganese.....	40%
Chromium.....	30%
Molybdenum.....	50%

*One Serving also contains:
Super Citrimax®..... 300 mg*

Ingredients

Soy protein isolate, milk protein isolate, fructose, cocoa powder (processed with alkali), apple fiber, sweet dairy whey, chicory root extract (inulin), lactobacillus acidophilus culture, guar gum, calcium phosphate, garcinia cambogia extract, potassium chloride, maltodextrin, salt, apple pectin, natural and artificial flavors, DL-methionine, magnesium oxide, acesulfame potassium (non-nutritive sweetener), modified corn starch, corn syrup solids, soy lecithin, ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Medifast® Plus for Appetite Suppression

Vanilla

7100

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	270 mg	11%
Potassium	400 mg	11%
Total Carbohydrate	11 g	4%
Dietary Fiber	4 g	16%
Sugars	6 g	
Protein	14g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 31.3 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
- Contains 9 g soy protein*
- ✓ Caffeine Free
- ✓ Also Formulated for Diabetics
- ✓ Contains Whey

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	60%
Vitamin C.....	35%
Calcium.....	30%
Iron.....	30%
Vitamin D.....	30%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	35%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	25%
Iodine.....	30%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	25%
Manganese.....	40%
Chromium.....	30%
Molybdenum.....	50%

One Serving also contains:

Super Citrimax®..... 300 mg

Ingredients

Soy protein isolate, milk protein isolate, fructose, apple fiber, chicory root extract (inulin), sweet dairy whey, lactobacillus acidophilus culture, guar gum, calcium phosphate, potassium chloride, garcinia cambogia extract, titanium dioxide (for color), maltodextrin, apple pectin, salt, magnesium oxide, natural and artificial flavors, DL-methionine, modified corn starch, soy lecithin, corn syrup solids, acesulfame potassium (non-nutritive sweetener), ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, beta carotene (for color), copper sulfate, pyridoxine, hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	190 mg	8%
Potassium	420 mg	12%
Total Carbohydrate	10 g	3%
Dietary Fiber	3 g	12%
Sugars	6 g	
Protein	14 g	

Calories per Serving: 90
 Calories from Fat: 10

Serving Size: 33.6 g
 Servings per Container: 7

This Product is:

- ✓ Low Lactose
- ✓ Heart Healthy
Contains 9 g soy protein
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	50%
65% as Beta-Carotene	
Vitamin C.....	250%
Iron.....	50%
Calcium.....	40%
Vitamin E.....	150%
Vitamin D.....	20%
Thiamin (B1).....	100%
Vitamin K.....	35%
Niacin.....	100%
Riboflavin.....	100%
Folate.....	100%
Vitamin B6.....	250%
Biotin.....	100%
Vitamin B12.....	100%
Phosphorus.....	50%
Pantothenic Acid.....	100%
Magnesium.....	70%
Iodine.....	50%
Selenium.....	35%
Zinc.....	50%
Manganese.....	50%
Copper.....	50%
Molybdenum.....	70%
Chromium.....	170%
Chloride.....	5%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

One Serving Contains:

Amino Acids

L- Carnitine.....	110 mg
L- Glutamine (free form and peptide).....	150 mg
L- Isoleucine.....	50 mg
L-Leucine.....	100 mg
L- Valine®.....	50 mg

Vitamins and Minerals

Boron.....	1 mg
Choline.....	50 mg
Inositol.....	50 mg
PABA.....	10 mg

One Serving also contains:

Alpha Lipoic Acid.....	20 mg
Citrus Bioflavonoids.....	50 mg
Coenzyme Q10.....	2000 mcg
Pycnogenol®.....	2000 mcg

Ingredients

Protein Blend (soy protein isolate, whey protein isolate, sweet dairy whey), pure crystalline fructose, Vitamin & Mineral Mix (magnesium phosphate, calcium phosphate, glutamine peptide, calcium citrate, sodium ascorbate, L-carnitine-L-tartrate, calcium carbonate, choline bitartrate, L-leucine, citrus bioflavonoids, inositol, L-isoleucine, L-valine, Vitamin E succinate, biotin, dipotassium phosphate, magnesium aspartate, ferrous fumarate, niacinamide, alpha lipoic acid, d-calcium pantothenate, zinc oxide, beta-carotene, sodium borate, copper gluconate, pyridoxine hydrochloride, Vitamin A palmitate, manganese sulfate, Vitamin K, Vitamin D3, ChromeMate® (chromium polynicotinate), coenzyme Q10, Pycnogenol®, riboflavin, thiamin mononitrate, potassium iodide, Vitamin B12, folic acid, sodium molybdate, sodium selenate), cocoa (processed with alkali), chicory root extract (inulin), lactobacillus acidophilus culture, guar gum, potassium chloride, maltodextrin, natural and artificial flavorings, salt, acesulfame potassium (non-nutritive sweetener), xanthan gum, DL-methionine, magnesium oxide, silicon dioxide, corn syrup solids

Medifast® Plus for Coronary Health

Strawberry

7230

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	190 mg	8%
Potassium	420 mg	12%
Total Carbohydrate	10 g	3%
Dietary Fiber	3 g	12%
Sugars	6 g	
Protein	14 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 32.9 g

Servings per Container: 7

This Product is:

- ✓ Low Lactose
- ✓ Heart Healthy
Contains 9 g soy protein
- ✓ Contains Whey
- ✓ Caffeine Free

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	50%
65% as Beta-Carotene	
Vitamin C.....	250%
Iron.....	50%
Calcium.....	40%
Vitamin E.....	150%
Vitamin D.....	20%
Thiamin (B1).....	100%
Vitamin K.....	35%
Niacin.....	100%
Riboflavin.....	100%
Folate.....	100%
Vitamin B6.....	250%
Biotin.....	100%
Vitamin B12.....	100%
Phosphorus.....	50%
Pantothenic Acid.....	100%
Magnesium.....	70%
Iodine.....	50%
Selenium.....	35%
Zinc.....	50%
Manganese.....	50%
Copper.....	50%
Molybdenum.....	70%
Chromium.....	170%
Chloride.....	5%

One Serving Contains:

Amino Acids

L- Carnitine.....	110 mg
L- Glutamine (free form and peptide).....	150 mg
L- Isoleucine.....	50 mg
L-Leucine.....	100 mg
L- Valine®.....	50 mg

Vitamins and Minerals

Boron.....	1 mg
Choline.....	50 mg
Inositol.....	50 mg
PABA.....	10 mg

One Serving also contains:

Alpha Lipoic Acid.....	20 mg
Citrus Bioflavonoids.....	50 mg
Coenzyme Q10.....	2000 mcg
Pycnogenol®.....	2000 mcg

Ingredients

Protein Blend (soy protein isolate, whey protein isolate, sweet dairy whey), pure crystalline fructose, Vitamin & Mineral Mix (magnesium phosphate, calcium phosphate, glutamine peptide, calcium citrate, sodium ascorbate, L-carnitine-L-tartrate, calcium carbonate, choline bitartrate, L-leucine, citrus bioflavonoids, inositol, L-isoleucine, L-valine, Vitamin E succinate, biotin, dipotassium phosphate, magnesium aspartate, ferrous fumarate, niacinamide, alpha lipoic acid, d-calcium pantothenate, zinc oxide, beta-carotene, sodium borate, copper gluconate, pyridoxine hydrochloride, Vitamin A palmitate, manganese sulfate, Vitamin K, Vitamin D3, ChromeMate® (chromium polynicotinate), coenzyme Q10, Pycnogenol®, riboflavin, thiamin mononitrate, potassium iodide, Vitamin B12, folic acid, sodium molybdate, sodium selenate), chicory root extract (inulin), lactobacillus acidophilus culture, guar gum, potassium chloride, maltodextrin, natural and artificial flavorings, salt, acesulfame potassium (non-nutritive sweetener), xanthan gum, DL-methionine, magnesium oxide, silicon dioxide, modified corn starch, FD&C Red #40 (for color)

Medifast® Plus for Joint Health

Chocolate

7070

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	270 mg	11%
Potassium	400 mg	11%
Total Carbohydrate	10 g	3%
Dietary Fiber	3 g	12%
Sugars	6 g	
Protein	14 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 30.7 g

Servings per Container: 7

This Product is:

- ✓ Heart Healthy
Contains 9 g soy protein
- ✓ Contains Whey
- ✓ Also Formulated for Diabetics

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	60%
Vitamin C.....	35%
Calcium.....	30%
Iron.....	30%
Vitamin D.....	30%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	35%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	25%
Iodine.....	30%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	25%
Manganese.....	40%
Chromium.....	30%
Molybdenum.....	50%

One Serving also contains:

Glucosamine..... 500 mg
Chondroitin..... 500 mg

Ingredients

Soy protein isolate, milk protein isolate, fructose, cocoa powder (processed with alkali), chicory root extract (inulin), sweet dairy whey, lactobacillus acidophilus culture, guar gum, calcium phosphate, potassium chloride, d-glucosamine hydrochloride, shark cartilage extract (chondroitin), potassium chloride, maltodextrin, salt, natural and artificial flavors, dl-methionine, magnesium oxide, acesulfame potassium (non-nutritive sweetener), corn starch, corn syrup solids, soy lecithin, ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	270 mg	11%
Potassium	400 mg	11%
Total Carbohydrate	10 g	3%
Dietary Fiber	3 g	12%
Sugars	6 g	
Protein	14 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 30.3 g

Servings per Container: 7

This Product is:

- ✓ Heart Healthy
Contains 9 g soy protein
- ✓ Caffeine Free
- ✓ Contains Whey
- ✓ Also Formulated for Diabetics

AVERAGE % DAILY VALUE

Vitamin A.....	60%
Vitamin C.....	35%
Calcium.....	30%
Iron.....	30%
Vitamin D.....	30%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	35%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	25%
Iodine.....	30%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	25%
Manganese.....	40%
Chromium.....	30%
Molybdenum.....	50%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

One Serving also contains:

Glucosamine.....	500 mg
Chondroitin.....	500 mg

Ingredients

Soy protein isolate, milk protein isolate, fructose, chicory root extract (inulin), sweet dairy whey, lactobacillus acidophilus culture, guar gum, calcium phosphate, potassium chloride, d-glucosamine hydrochloride, shark cartilage extract (chondroitin), maltodextrin, salt, natural and artificial flavors, magnesium oxide, dl-methionine, corn starch, corn syrup solids, acesulfame potassium (non-nutritive sweetener) soy lecithin, ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, beta carotene, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamine mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	190 mg	8%
Potassium	500 mg	14%
Total Carbohydrate	15 g	5%
Dietary Fiber	4 g	16%
Sugars	10 g	
Protein	14 g	

Calories per Serving: 110

Calories from Fat: 10

Serving Size: 37.9 g

Servings per Container: 7

This Product is:

- ✓ Heart Healthy
Contains 10 g soy protein
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	50%
65% as Beta-Carotene	
Vitamin C.....	250%
Calcium.....	50%
Iron.....	50%
Vitamin D.....	50%
Vitamin E.....	150%
Vitamin K.....	35%
Thiamin (B1).....	100%
Riboflavin.....	100%
Niacin.....	100%
Vitamin B6.....	250%
Folate.....	100%
Vitamin B12.....	100%
Biotin.....	100%
Pantothenic Acid.....	100%
Phosphorus.....	50%
Iodine.....	50%
Magnesium.....	60%
Zinc.....	50%
Selenium.....	35%
Copper.....	50%
Manganese.....	50%
Chromium.....	160%
Molybdenum.....	60%
Chloride.....	6%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

One Serving also contains:

Black Cohosh.....	10 mg
Chaste Tree Berry.....	10 mg
Echinecea Purpurea.....	10 mg

Ingredients

Protein Blend (soy protein isolate, egg white solids, milk protein isolate, sweet dairy whey), fructose, Vitamin & Mineral Mix (magnesium phosphate, calcium phosphate, glutamine peptide, calcium citrate, sodium ascorbate, L-carnitine-L-tartrate, calcium carbonate, choline bitartrate, L-leucine, citrus bioflavonoids, inositol, L-isoleucine, L-valine, Vitamin E succinate, biotin, dipotassium phosphate, magnesium aspartate, ferrous fumarate, niacinamide, alpha lipoic acid, d-calcium pantothenate, zinc oxide, beta-carotene, sodium borate, copper gluconate, pyridoxine hydrochloride, Vitamin A palmitate, manganese sulfate, Vitamin K, Vitamin D3, ChromeMate® (chromium polynicotinate), coenzyme Q10, Pycnogenol®, riboflavin, thiamin mononitrate, potassium iodide, Vitamin B12, folic acid, sodium molybdate, sodium selenate, gum arabic, cocoa powder (processed with alkali), guar gum, microcrystalline cellulose, potassium chloride, partially hydrogenated canola oil, corn syrup solids, titanium dioxide (color), maltodextrin, Super Citrimax™ (Garcinia Cambogia), modified corn starch, natural & artificial flavors, acesulfame potassium (non-nutritive sweetener), soy lecithin, sodium caseinate, dipotassium phosphate, vitex agnus castus, echinacea purpurea extract, black cohosh extract, mono & diglycerides

Medifast® Plus for Women's Health

Vanilla

7120

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	190 mg	8%
Potassium	480 mg	14%
Total Carbohydrate	15 g	5%
Dietary Fiber	4 g	16%
Sugars	10 g	
Protein	14 g	

Calories per Serving: 110

Calories from Fat: 10

Serving Size: 38.1 g

Servings per Container: 7

This Product is:

- ✓ Heart Healthy
Contains 10 g soy protein
- ✓ Caffeine Free
- ✓ Contains Whey

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	50%
65% as Beta-Carotene	
Vitamin C.....	250%
Calcium.....	50%
Iron.....	50%
Vitamin D.....	50%
Vitamin E.....	150%
Vitamin K.....	35%
Thiamin (B1).....	100%
Riboflavin.....	100%
Niacin.....	100%
Vitamin B6.....	250%
Folate.....	100%
Vitamin B12.....	100%
Biotin.....	100%
Pantothenic Acid.....	100%
Phosphorus.....	50%
Iodine.....	50%
Magnesium.....	60%
Zinc.....	50%
Selenium.....	35%
Copper.....	50%
Manganese.....	50%
Chromium.....	160%
Molybdenum.....	60%
Chloride.....	6%

One Serving also contains:

Black Cohosh.....	10 mg
Chaste Tree Berry.....	10 mg
Echinecea Purpurea.....	10 mg

Ingredients

Protein Blend (soy protein isolate, egg white solids, milk protein isolate, sweet dairy whey), fructose, Vitamin & Mineral Mix (magnesium phosphate, calcium phosphate, glutamine peptide, calcium citrate, sodium ascorbate, L-carnitine-L-tartrate, calcium carbonate, choline bitartrate, L-leucine, citrus bioflavonoids, inositol, L-isoleucine, L-valine, Vitamin E succinate, biotin, dipotassium phosphate, magnesium aspartate, ferrous fumarate, niacinamide, alpha lipoic acid, d-calcium pantothenate, zinc oxide, beta-carotene, sodium borate, copper gluconate, pyridoxine hydrochloride, Vitamin A palmitate, manganese sulfate, Vitamin K, Vitamin D3, ChromeMate® (chromium polynicotinate), coenzyme Q10, Pycnogenol®, riboflavin, thiamin mononitrate, potassium iodide, Vitamin B12, folic acid, sodium molybdate, sodium selenate, gum arabic, guar gum, microcrystalline cellulose, potassium chloride, partially hydrogenated canola oil, corn syrup solids, titanium dioxide (color), maltodextrin, Super Citrimax™ (Garcinia Cambogia), modified corn starch, natural & artificial flavors, acesulfame potassium (non-nutritive sweetener), soy lecithin, sodium caseinate, dipotassium phosphate, vitex agnus castus, echinacea purpurea extract, black cohosh extract, mono & diglycerides

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	260 mg	11%
Potassium	400 mg	11%
Total Carbohydrate	9 g	3%
Dietary Fiber	4 g	16%
Sugars	5 g	
Protein	14 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 28.0 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
Contains 8.5g soy protein
- ✓ Also Formulated for Diabetics
- ✓ Low Glycemic
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	30%
Calcium.....	30%
Iron.....	25%
Vitamin D.....	20%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	30%
Folate.....	20%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	25%
Iodine.....	20%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	50%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, milk protein isolate, fructose, cocoa (processed with alkali), chicory root extract (fructooligosaccharides), sweet dairy whey, guar gum, calcium phosphate, natural & artificial flavors, potassium chloride, salt, microcrystalline cellulose, magnesium oxide, DL-methionine, soy lecithin, acesulfame potassium (non-nutritive sweetener), ascorbic acid, ferric orthophosphate, vitamin E acetate, vitamin A palmitate, niacinamide, zinc oxide, d-calcium pantothenate, manganese sulfate, copper sulfate, vitamin D₃, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, phytonadione, cyanocobalamin (vitamin B₁₂)

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	270 mg	11%
Potassium	400 mg	11%
Total Carbohydrate	9 g	3%
Dietary Fiber	3 g	12%
Sugars	5 g	
Protein	14 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 27.3 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
Contains 9 g soy protein
- ✓ Caffeine Free
- ✓ Also Formulated for Diabetics
- ✓ Low Glycemic
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	30%
Calcium.....	30%
Iron.....	25%
Vitamin D.....	20%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	30%
Folate.....	20%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	25%
Iodine.....	20%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	50%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, milk protein isolate, fructose, chicory root extract (fructooligosaccharides), sweet dairy whey, guar gum, calcium phosphate, natural & artificial flavors, potassium chloride, microcrystalline cellulose, salt, magnesium oxide, DL-methionine, soy lecithin, acesulfame potassium (non-nutritive sweetener), ascorbic acid, ferric orthophosphate, beta carotene, vitamin E acetate, vitamin A palmitate, niacinamide, zinc oxide, d-calcium pantothenate, manganese sulfate, copper sulfate, vitamin D₃, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, phytonadione, cyanocobalamin (vitamin B₁₂)

Medifast® Plus for Diabetics

Strawberry

7000

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	270 mg	11%
Potassium	400 mg	11%
Total Carbohydrate	9 g	3%
Dietary Fiber	3 g	12%
Sugars	5 g	
Protein	14 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 27.3 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
- Contains 9 g soy protein*
- ✓ Caffeine Free
- ✓ Also Formulated for Diabetics
- ✓ Low Glycemic
- ✓ Contains Whey

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	30%
Calcium.....	30%
Iron.....	25%
Vitamin D.....	20%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	30%
Folate.....	20%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	25%
Iodine.....	20%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	50%

Ingredients

Soy protein isolate, milk protein isolate, fructose, chicory root extract (fructooligosaccharides), sweet dairy whey, guar gum, calcium phosphate, natural & artificial flavors, potassium chloride, microcrystalline cellulose, salt, magnesium oxide, DL-methionine, soy lecithin, acesulfame potassium (non-nutritive sweetener), ascorbic acid, FD&C Red #40, ferric orthophosphate, vitamin E acetate, vitamin A palmitate, niacinamide, zinc oxide, d-calcium pantothenate, manganese sulfate, copper sulfate, vitamin D₃, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, phytonadione, cyanocobalamin (vitamin B₁₂)

Medifast® Take Shape™ for Weight Maintenance

Outrageous Chocolate

6660

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	2.5 g	4%
Saturated Fat	0.5 g	2%
Cholesterol	0 mg	0%
Sodium	190 mg	8%
Potassium	500 mg	14%
Total Carbohydrate	31 g	10%
Dietary Fiber	5 g	20%
Sugars	20 g	
Protein	12 g	

Calories per Serving: 180

Calories from Fat: 20

Serving Size: 53.0 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Lactose Free
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	100%
70% as Beta-Carotene	
Vitamin C.....	150%
Calcium.....	50%
Iron.....	35%
Vitamin D.....	50%
Vitamin E.....	100%
Vitamin K.....	35%
Thiamin (B1).....	35%
Riboflavin.....	35%
Niacin.....	35%
Vitamin B6.....	100%
Folate.....	100%
Vitamin B12.....	100%
Biotin.....	35%
Pantothenic Acid.....	35%
Phosphorus.....	35%
Iodine.....	35%
Magnesium.....	35%
Zinc.....	35%
Selenium.....	50%
Copper.....	35%
Manganese.....	50%
Chromium.....	50%
Molybdenum.....	50%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

One Serving also contains:

Boron.....0.25 mg
Citrus Bioflavonoids 25 mg

Ingredients

Pure crystalline fructose, soy protein isolate, corn syrup solids, sucrose, cocoa powder (processed with alkali), gum arabic, partially hydrogenated canola oil, milk protein isolate, guar gum, sweet dairy whey, calcium phosphate, maltodextrin, microcrystalline cellulose, lactobacillus acidophilus culture, magnesium phosphate, calcium citrate, potassium chloride, calcium carbonate, beta-carotene, salt, sodium ascorbate, magnesium oxide, sodium caseinate (milk protein), freeze-dried cranberry juice concentrate, dipotassium phosphate, natural and artificial flavors, modified corn starch, citrus bioflavonoids, vitamin E succinate, chocolate shade (red 40, yellow 6, yellow 5, blue 1), ferrous fumarate, biotin, manganese gluconate, niacinamide, vitamin A palmitate, zinc oxide, D-calcium pantothenate, vitamin K, pyridoxine hydrochloride, vitamin D3, sodium borate, copper sulfate, riboflavin, potassium iodide, vitamin B12, chromium polynicotinate, thiamin mononitrate, folic acid, sodium molybdate, sodium selenate

Medifast® Take Shape™ for Weight Maintenance

Luscious Vanilla

6670

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	2 g	3%
Saturated Fat	0.5 g	2%
Cholesterol	0 mg	0%
Sodium	190 mg	8%
Potassium	500 mg	14%
Total Carbohydrate	33 g	11%
Dietary Fiber	5 g	20%
Sugars	20 g	
Protein	12 g	

Calories per Serving: 180

Calories from Fat: 20

Serving Size: 55.4 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Contains Whey

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	100%
70% as Beta-Carotene	
Vitamin C.....	150%
Calcium.....	50%
Iron.....	35%
Vitamin D.....	50%
Vitamin E.....	100%
Vitamin K.....	35%
Thiamin (B1).....	35%
Riboflavin.....	35%
Niacin.....	35%
Vitamin B6.....	100%
Folate.....	100%
Vitamin B12.....	100%
Biotin.....	35%
Pantothenic Acid.....	35%
Phosphorus.....	35%
Iodine.....	35%
Magnesium.....	35%
Zinc.....	35%
Selenium.....	50%
Copper.....	35%
Manganese.....	50%
Chromium.....	50%
Molybdenum.....	50%

One Serving also contains:

Boron.....0.25 mg
Citrus Bioflavonoids 25 mg

Ingredients

Pure crystalline fructose, soy protein isolate, corn syrup solids, sucrose, gum arabic, milk protein isolate, partially hydrogenated canola oil, microcrystalline cellulose, guar gum, sweet dairy whey, calcium phosphate, maltodextrin, potassium chloride, added color, lactobacillus acidophilus culture, magnesium phosphate, calcium citrate, calcium carbonate, beta-carotene, salt, sodium ascorbate, magnesium oxide, sodium caseinate (milk protein), natural and artificial flavors, modified corn starch, dipotassium phosphate, freeze-dried cranberry juice concentrate, citrus bioflavonoids, vitamin E succinate, ferrous fumarate, biotin, manganese gluconate, niacinamide, vitamin A palmitate, zinc oxide, D-calcium pantothenate, vitamin K, pyridoxine hydrochloride, vitamin D3, sodium borate, copper sulfate, riboflavin, potassium iodide, vitamin B12, chromium polynicotinate, thiamin mononitrate, folic acid, sodium molybdate, sodium selenate

Medifast® Take Shape™ for Weight Maintenance

Strawberry Passion

6680

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	2 g	3%
Saturated Fat	0.5 g	2%
Cholesterol	0 mg	0%
Sodium	190 mg	8%
Potassium	500 mg	14%
Total Carbohydrate	33 g	11%
Dietary Fiber	5 g	20%
Sugars	20 g	
Protein	12 g	

Calories per Serving: 180

Calories from Fat: 20

Serving Size: 55.4 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	100%
70% as Beta-Carotene	
Vitamin C.....	150%
Calcium.....	50%
Iron.....	35%
Vitamin D.....	50%
Vitamin E.....	100%
Vitamin K.....	35%
Thiamin (B1).....	35%
Riboflavin.....	35%
Niacin.....	35%
Vitamin B6.....	100%
Folate.....	100%
Vitamin B12.....	100%
Biotin.....	35%
Pantothenic Acid.....	35%
Phosphorus.....	35%
Iodine.....	35%
Magnesium.....	35%
Zinc.....	35%
Selenium.....	50%
Copper.....	35%
Manganese.....	50%
Chromium.....	50%
Molybdenum.....	50%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

One Serving also contains:

Boron.....0.25 mg
Citrus Bioflavonoids 25 mg

Ingredients

Pure crystalline fructose, soy protein isolate, corn syrup solids, sucrose, gum arabic, microcrystalline cellulose, milk protein isolate, partially hydrogenated canola oil, maltodextrin, guar gum, sweet dairy whey, calcium phosphate, potassium chloride, added color, lactobacillus acidophilus culture, magnesium phosphate, calcium citrate, calcium carbonate, beta-carotene, salt, sodium ascorbate, magnesium oxide, sodium caseinate (milk protein), modified corn starch, dipotassium phosphate, freeze-dried cranberry juice concentrate, natural and artificial flavors, citrus bioflavonoids, vitamin E succinate, red #40, ferrous fumarate, biotin, manganese gluconate, niacinamide, vitamin A palmitate, zinc oxide, D-calcium pantothenate, vitamin K, pyridoxine hydrochloride, vitamin D3, sodium borate, copper sulfate, riboflavin, vitamin B12, potassium iodide, chromium polynicotinate, thiamin mononitrate, folic acid, sodium molybdate, sodium selenate

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	<5 mg	2%
Sodium	250 mg	10%
Potassium	1000 mg	29%
Total Carbohydrate	24 g	8%
Dietary Fiber	3 g	12%
Sugars	2 g	
Protein	43 g	

Calories per Serving: 270

Calories from Fat: 10

Serving Size: 83.4 g

Servings per Container: 7

This Product is:

- ✓ Contains Whey
- ✓ Soy Free

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	50%
40% as Beta-Carotene	
Vitamin C.....	150%
Iron.....	50%
Calcium.....	60%
Vitamin E.....	150%
Vitamin D.....	50%
Thiamin (B1).....	100%
Vitamin K.....	50%
Niacin.....	100%
Riboflavin.....	100%
Folate.....	100%
Vitamin B6.....	150%
Biotin.....	100%
Vitamin B12.....	100%
Phosphorus.....	50%
Pantothenic Acid.....	100%
Magnesium.....	60%
Iodine.....	50%
Selenium.....	75%
Zinc.....	60%
Manganese.....	50%
Copper.....	50%
Molybdenum.....	130%
Chromium.....	190%
Chloride.....	18%

One Serving Contains:

Amino Acids

L- Arginine.....	100 mg
L- Carnitine.....	125 mg
L- Glutamine (free form and peptide).....	1200 mg
L- Isoleucine.....	75 mg
L-Leucine.....	150 mg
L-Ornithine-alpha-ketoglutarate.....	200 mg
L- Valine®.....	75 mg
Taurine.....	50 mg

Vitamins and Minerals

Boron.....	0.5 mg
Choline.....	125 mg
Inositol.....	125 mg
PABA.....	10 mg

One Serving also contains:

Alpha Lipoic Acid.....	5 mg
Alpha Ketoglutaric Acid.....	20 mg
Alpha Ketoisocaproic Acid.....	10 mg
Citrimax® (Garcinia Cambogia).....	200 mg
Citrus Bioflavonoids.....	50 mg
Coenzyme Q10.....	2500 mcg
Creatine Monohydrate.....	500 mg
Pycnogenol®.....	2000 mcg

Ingredients

Protein Blend (milk protein isolate, calcium sodium caseinate, egg white solids, hydrolyzed whey protein), glucose polymers, Vitamin & Mineral Mix (creatine monohydrate, L-glutamine, magnesium phosphate, magnesium aspartate, glutamine peptide, choline bitartrate, calcium carbonate, L-ornithine-alpha-ketoglutarate, calcium citrate, L-carnitine-Ltartrate, L-leucine, inositol, sodium ascorbate, L-arginine, citrus bioflavonoids, L-isoleucine, L-valine, taurine, Vitamin E succinate, dipotassium phosphate, biotin, ferrous fumarate, alpha lipoic acid, niacinamide, alpha-ketoglutaric acid, d-calcium pantothenate, zinc oxide, PABA, alpha-ketoisocaproic acid, manganese gluconate, copper gluconate, Vitamin A palmitate, beta-carotene, sodium borate, Vitamin K, pyridoxine hydrochloride, ChromeMate® (chromium polynicotinate), coenzyme Q10, Vitamin D3, riboflavin, Pycnogenol®, thiamin mononitrate, potassium iodide, Vitamin B12, folic acid, sodium molybdate, sodium selenite), cocoa powder, silicon dioxide, potassium chloride, maltodextrin, guar gum, SuperCitriMax® (Garcinia Cambogia), modified corn starch, natural and artificial flavor, mono & diglycerides, aspartame (sweetener), xanthan gum, acesulfame potassium (sweetener), sodium caseinate, soy lecithin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	<5 mg	1%
Sodium	260 mg	11%
Potassium	1000 mg	29%
Total Carbohydrate	24 g	8%
Dietary Fiber	3 g	12%
Sugars	2 g	
Protein	41 g	

Calories per Serving: 260

Calories from Fat: 0

Serving Size: 81.8 g

Servings per Container: 7

This Product is:

- ✓ Contains Whey
- ✓ Soy Free
- ✓ Caffeine Free

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	50%
40% as Beta-Carotene	
Vitamin C.....	150%
Iron.....	50%
Calcium.....	60%
Vitamin E.....	150%
Vitamin D.....	50%
Thiamin (B1).....	100%
Vitamin K.....	50%
Niacin.....	100%
Riboflavin.....	100%
Folate.....	100%
Vitamin B6.....	150%
Biotin.....	100%
Vitamin B12.....	100%
Phosphorus.....	50%
Pantothenic Acid.....	100%
Magnesium.....	60%
Iodine.....	50%
Selenium.....	75%
Zinc.....	60%
Manganese.....	50%
Copper.....	50%
Molybdenum.....	130%
Chromium.....	190%
Chloride.....	24%

One Serving Contains:

Amino Acids

L- Arginine.....	100 mg
L- Carnitine.....	125 mg
L- Glutamine (free form and peptide).....	1200 mg
L- Isoleucine.....	75 mg
L-Leucine.....	150 mg
L-Ornithine-alpha-ketoglutarate.....	200 mg
L- Valine®.....	75 mg
Taurine.....	50 mg

Vitamins and Minerals

Boron.....	0.5 mg
Choline.....	125 mg
Inositol.....	125 mg
PABA.....	10 mg

One Serving also contains:

Alpha Lipoic Acid.....	5 mg
Alpha Ketoglutaric Acid.....	20 mg
Alpha Ketoisocaproic Acid.....	10 mg
CitriMax® (Garcinia Cambogia).....	200 mg
Citrus Bioflavonoids.....	50 mg
Coenzyme Q10.....	2500 mcg
Creatine Monohydrate.....	500 mg
Pycnogenol®.....	2000 mcg

Ingredients

Protein Blend (milk protein isolate, calcium sodium caseinate, egg white solids, hydrolyzed whey protein), glucose polymers, Vitamin & Mineral Mix (creatine monohydrate, L-glutamine, magnesium phosphate, magnesium aspartate, glutamine peptide, choline bitartrate, calcium carbonate, L-ornithine-alpha-ketoglutarate, calcium citrate, L-carnitine-L-tartrate, L-leucine, inositol, sodium ascorbate, L-arginine, citrus bioflavonoids, L-isoleucine, L-valine, taurine, Vitamin E succinate, dipotassium phosphate, biotin, ferrous fumarate, alpha lipoic acid, niacinamide, alpha-ketoglutaric acid, d-calcium pantothenate, zinc oxide, PABA, alpha-ketoisocaproic acid, manganese gluconate, copper gluconate, Vitamin A palmitate, beta-carotene, sodium borate, Vitamin K, pyridoxine hydrochloride, ChromeMate® (chromium polynicotinate), coenzyme Q10, Vitamin D3, riboflavin, Pycnogenol®, thiamin mononitrate, potassium iodide, Vitamin B12, folic acid, sodium molybdate, sodium chloride, potassium chloride, silicon dioxide, gum arabic, guar gum, maltodextrin, microcrystalline cellulose, titanium dioxide, natural and artificial flavor, Super CitriMax® (Garcinia Cambogia), xanthan gum, modified corn starch, aspartame (sweetener), mono & diglycerides, acesulfame potassium (sweetener), sodium caseinate, soy lecithin

Medifast® Take Shape™ Women's Sports Drink

Chocolate

7010

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	200 mg	8%
Potassium	520 mg	15%
Total Carbohydrate	40 g	13%
Dietary Fiber	5 g	20%
Sugars	2 g	
Protein	14 g	

Calories per Serving: 200

Calories from Fat: 15

Serving Size: 64.3 g

Servings per Container: 7

This Product is:

- ✓ Heart Healthy
Contains 10 g soy protein
- ✓ Contains Whey

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	50%
65% as Beta-Carotene	
Iron.....	250%
Vitamin C.....	50%
Calcium.....	50%
Vitamin E.....	150%
Vitamin D.....	50%
Thiamin (B1).....	100%
Vitamin K.....	35%
Niacin.....	100%
Riboflavin.....	100%
Folate.....	100%
Vitamin B6.....	250%
Biotin.....	100%
Vitamin B12.....	100%
Phosphorus.....	50%
Pantothenic Acid.....	100%
Magnesium.....	60%
Iodine.....	35%
Selenium.....	35%
Zinc.....	35%
Manganese.....	50%
Copper.....	35%
Molybdenum.....	100%
Chromium.....	170%
Chloride.....	16%

One Serving Contains:

Amino Acids

L- Carnitine.....	110 mg
L- Glutamine (glutamine peptide)...	150 mg
L- Isoleucine.....	50 mg
L-Leucine.....	100 mg
L- Valine®.....	50 mg

Vitamins and Minerals

Boron.....	1 mg
Choline.....	50 mg
Inositol.....	50 mg
PABA.....	10 mg

One Serving also contains:

Alpha Lipoic Acid.....	20 mg
Citrimax® (Garcinia Cambogia).....	250 mg
Citrus Bioflavonoids.....	50 mg
Coenzyme Q10.....	2000 mcg
Pycnogenol®.....	2000 mcg

Ingredients

Protein Blend (soy protein isolate, egg white solids, milk protein isolate, sweet dairy whey), pure crystalline fructose, glucose polymers, (short, medium, and long chain complex carbohydrates), Vitamin & Mineral Mix (magnesium phosphate, calcium phosphate, glutamine peptide, calcium citrate, sodium ascorbate, L-carnitine-L-tartrate, calcium carbonate, choline bitartrate, L-leucine, citrus bioflavonoids, inositol, L-isoleucine, L-valine, Vitamin E succinate, biotin, dipotassium phosphate, magnesium aspartate, ferrous fumarate, niacinamide, alpha lipoic acid, d-calcium pantothenate, zinc oxide, beta-carotene, sodium borate, copper gluconate, pyridoxine hydrochloride, Vitamin A palmitate, manganese sulfate, Vitamin K, Vitamin D3, ChromeMate® (chromium polynicotinate), coenzyme Q10, Pycnogenol®, riboflavin, thiamin mononitrate, potassium iodide, Vitamin B12, folic acid, sodium molybdate, sodium selenate), cocoa powder, gum arabic, sucrose, guar gum, microcrystalline cellulose, partially hydrogenated canola oil, maltodextrin, potassium chloride, sodium caseinate, Super Citrimax® (Garcinia Cambogia), modified corn starch, natural & artificial flavor, soy lecithin, dipotassium phosphate, vitex agnus castus, echinacea purpurea extract, black cohosh extract, mono & diglycerides

Medifast® Take Shape™ Women's Sports Drink

Strawberry

7020

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	210 mg	9%
Potassium	450 mg	13%
Total Carbohydrate	38 g	13%
Dietary Fiber	5 g	20%
Sugars	2 g	
Protein	15 g	

Calories per Serving: 200

Calories from Fat: 10

Serving Size: 62.21 g

Servings per Container: 7

This Product is:

- ✓ Heart Healthy
Contains 10 g soy protein
- ✓ Caffeine Free
- ✓ Contains Whey

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	50%
65% as Beta-Carotene	
Iron.....	250%
Vitamin C.....	50%
Calcium.....	50%
Vitamin E.....	150%
Vitamin D.....	50%
Thiamin (B1).....	100%
Vitamin K.....	35%
Niacin.....	100%
Riboflavin.....	100%
Folate.....	100%
Vitamin B6.....	250%
Biotin.....	100%
Vitamin B12.....	100%
Phosphorus.....	50%
Pantothenic Acid.....	100%
Magnesium.....	60%
Iodine.....	35%
Selenium.....	35%
Zinc.....	35%
Manganese.....	50%
Copper.....	35%
Molybdenum.....	100%
Chromium.....	170%
Chloride.....	8%

One Serving Contains:

Amino Acids

L- Carnitine.....	110 mg
L- Glutamine (glutamine peptide)...	150 mg
L- Isoleucine.....	50 mg
L-Leucine.....	100 mg
L- Valine®.....	50 mg

Vitamins and Minerals

Boron.....	1 mg
Choline.....	50 mg
Inositol.....	50 mg
PABA.....	10 mg

One Serving also contains:

Alpha Lipoic Acid.....	20 mg
Citrimax® (Garcinia Cambogia).....	250 mg
Citrus Bioflavonoids.....	50 mg
Coenzyme Q10.....	2000 mcg
Pycnogenol®.....	2000 mcg

Ingredients

Protein Blend (soy protein isolate, egg white solids, milk protein isolate, sweet dairy whey), glucose polymers, (short, medium, and long chain complex carbohydrates), pure crystalline fructose, sucrose, Vitamin & Mineral Mix (magnesium phosphate, calcium phosphate, glutamine peptide, calcium citrate, sodium ascorbate, L-Carnitine-L-tartrate, calcium carbonate, choline bitartrate, L-leucine, citrus bioflavonoids, inositol, L-isoleucine, L-valine, Vitamin E succinate, biotin, dipotassium phosphate, magnesium aspartate, ferrous fumarate, niacinamide, alpha lipoic acid, d-calcium pantothenate, zinc oxide, beta-carotene, sodium borate, copper gluconate, pyridoxine hydrochloride, Vitamin A palmitate, manganese sulfate, Vitamin K, Vitamin D3, ChromeMate® (chromium polynicotinate), coenzyme Q10, Pycnogenol®, riboflavin, thiamin mononitrate, potassium iodide, Vitamin B12, folic acid, sodium molybdate, sodium selenate), gum arabic, microcrystalline cellulose, guar gum, partially hydrogenated canola oil, potassium chloride, Super Citrimax® (Garcinia Cambogia)**, mono & diglycerides, silicon dioxide, maltodextrin, modified corn starch, soy lecithin, sodium caseinate, natural & artificial flavor, vitex agnus castus, echinacea purpurea extract, black cohosh extract, carmine (for color)

Recommended Daily Allowances

Based on a 2,000 Calorie Diet

U.S. Food and Drug Administration
Center for Food Safety and Applied Nutrition

Reference Values for Nutrition Labeling

Rev. Jan 30, 1998

Nutrient	RDA
Calories.....	2000
Total Fat.....	65 g
Saturated Fatty Acids	20 g
Cholesterol.....	300 mg
Sodium	2400 mg
Potassium.....	3500 mg
Total Carbohydrate.....	300 g
Fiber	25 g
Protein	50 g
Vitamin A.....	5000 IU
Vitamin C.....	60 mg
Calcium	1000 mg
Iron.....	18 mg
Vitamin D.....	400 IU
Vitamin E	30 IU
Vitamin K.....	80 mcg
Thiamin	1.5 mg
Riboflavin.....	1.7 mg
Niacin	20 mg
Vitamin B ₆	2.0 mg
Folate	400 mcg
Vitamin B ₁₂	6.0 mcg
Biotin.....	300 mcg
Pantothenic Acid.....	10 mg
Phosphorus	1000 mg
Iodine.....	150 mcg
Magnesium	400 mg
Zinc	15 mg
Selenium.....	70 mcg
Copper.....	2.0 mg
Manganese	2.0 mg
Chromium.....	120 mcg
Molybdenum	75 mcg
Chloride.....	3400 mg

Product Claims

Grouped by Claim

Low Glycemic (Formulated for Diabetics):

Plus for Diabetics (all flavors)	Hearty Oatmeal: Apple Cinnamon	Homestyle Chili
Cream of Broccoli Soup	Cream of Chicken Soup	

Supplements Also Formulated for Diabetics

Diabetic Bars (all flavors)	Hearty Oatmeal (all flavors)	Chicken Noodle Soup
Ready-to-Drink 55 (all flavors)	Plus for Appetite Suppression (all flavors)	
Fruit Drinks (all flavors)	Minestrone Soup	Chicken Salad
Tuna Salad	Dressings (Caesar, Creamy Italian, Ranch)	

Kosher Dairy

Medifast 55 (all flavors)	Medifast 70 (all flavors)	Fit! Shakes (all flavors)
Plus for Diabetics (all flavors)	Cappuccino	Hot Cocoa
Cream of Tomato Soup	Pudding (all flavors)	Creamy Italian Dressing
Supplement Bars (all flavors)	Fit! Bars (all flavors)	Diabetic Bars (all flavors)
Take Shape Weight Maintenance (all flavors)	Plus for Appetite Suppression (all flavors)	
Chai Latte	Maple & Brown Sugar Oatmeal	

Kosher Parve

Hearty Oatmeal (Apple Cinnamon and French Vanilla Berry)	Robust Tomato Fast Soup
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Not Vegetarian Endorsed

Cream of Broccoli Soup	Cream of Chicken	Beef Fast Soup
Chicken Fast Soup	Chicken Noodle Soup	Homestyle Chili
Minestrone Soup	Chicken & Wild Rice Soup	Essential 1 Meals

Soy Free

Iced Tea (all flavors)	Creamy Soups (all flavors)	Fast Soups (all flavors)
Hot Cocoa	Fruit Drinks (all flavors)	Cappuccino
Dressings (all flavors)	Grilled Chicken Breasts	Grilled Beef Patties
Chai Latte		

Does Not Contain Whey:

Hearty Oatmeal (all flavors)	Fast Soups (all flavors)	Chicken Noodle Soup
Minestrone Soup	Chocolate Pudding	Dressings (all flavors)
Tuna Salad	Chicken Salad	Grilled Beef Patties
Ready-to-Drink 55 (all flavors)		

Low Lactose Products (<1.0 gm)

Medifast 55 (all flavors)	Medifast 70 (all flavors)	Fit! Shakes (all flavors)
Plus for Diabetics (all flavors)	Plus for Coronary Health	Cappuccino
Cream of Chicken Soup	Cream of Tomato Soup	Fit! Bars (all flavors)
Supplement Bars (all flavors)	Diabetic Bars (all flavors)	Grilled Chicken Breasts
Plus for Appetite Suppression (all flavors)		

Lactose Free Products (< .5 gm)

Ready-to-Drink 55 (all flavors)	Fit! Ready-to-Drink Chocolate	Iced Tea (all flavors)
Hearty Oatmeal (all flavors)	Minestrone Soup	Cream of Broccoli Soup
Chicken Noodle Soup	HomeStyle Chili	Fruit & Nut Granola Bar
Fast Soups (all flavors)	Fruit Drinks (all flavors)	Caesar Dressing
Take Shape Weight Maintenance (all flavors)		Chicken & Wild Rice Soup
Chicken Salad	Tuna Salad	Grilled Beef Patties
Honey Dijon Dressing	Banana Cream Pudding	

Caffeine Free Products:

Medifast 55: French Vanilla, Strawberry Crème, Orange Delight, Orange Pineapple, Banana Blitz

Medifast 70: French Vanilla, Strawberry Crème, Orange Delight, Banana Blitz

Fit! Shakes: Vanilla, Creamsicle

Plus for Diabetics: Vanilla, Strawberry

Plus for Appetite Suppression: Vanilla

Plus for Women's Health: Vanilla

Plus for Joint Health: Vanilla

Plus for Coronary Health: Strawberry

Take Shape Men's Bio-Engineered Food: Vanilla Take Shape Women's Pro Drink: Strawberry

Creamy Soups (all flavors)

Fast Soups (all flavors)

Minestrone Soup

Hearty Oatmeal (all flavors)

Cappuccino

Fruit & Nut Granola Bar

Chicken Noodle Soup

Chicken & Wild Rice Soup

Fruit Drinks (all flavors)

Dressings (all flavors)

Essential 1 Meals

Banana Cream Pudding

Chai Latte

Gluten:

- For all Medifast 55 and Medifast 70 shakes (all flavors), the test results for gluten as an allergen show there are less than 10 parts per million (ppm), which is below detectable limits.
- Hearty Oatmeal (all flavors) and Homestyle Chili contain less than 10 ppm gluten as allergens.
- Tests on Creamy Soups (all flavors) did not detect gluten, but these products do contain oat fiber, which contributes to gluten.
- Minestrone Soup contains 459 parts per million.
- Chicken Noodle Soup contains 2325 parts per million.

Soy & Kosher Information

Benefits of Soy Protein and Kosher Standards

Medifast Products are permitted to make an exciting new FDA-authorized health claim correlating intake of soy protein and reduced risk of heart disease.

"25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease."

Medifast 55 Supplement Shakes -

8 grams soy protein per serving (40 g/5 servings)

Medifast 70 Supplement Shakes -

10 grams soy protein per serving (50 g/5 servings)

Medifast Supplement Bars -

6.26 grams soy protein per serving

Benefits of Soy Protein

- ✓ Protect against coronary heart disease by lowering cholesterol levels.
- ✓ Protect against cancer (especially breast) - The estrogen-like compounds found in soy protein compete with "naturally-occurring" estrogen
- ✓ Protect against osteoporosis - decreases calcium excretion, prevents bone breakdown
- ✓ Reduce menopausal symptoms - estrogen-like compound provide an "estrogen lift" during menopause (reduces hot flashes, etc.)

Value to Women's Health

- ✓ Coronary Heart Disease - soy protein, B complex (folic acid, vitamins B6 and B12), antioxidants
- ✓ Osteoporosis - soy protein, calcium, vitamin D, vitamin K, trace minerals
- ✓ Menopausal Symptoms - soy protein
- ✓ Cancer - soy protein (breast), folic acid (cervical), antioxidants
- ✓ Prevention of Birth Defects - folic acid

Kosher

Many of the Medifast products are Kosher-certified by the Union of Orthodox Jewish Congregations of America, Kashruth Division. The Orthodox Union (OU) logo is a symbol of purity and quality. It means that the product, as well as the manufacturing facility has been reviewed and inspected for cleanliness, quality and strict adherence to Jewish dietary law. It symbolizes a product that exceeds the standards of acceptability.

Kosher Parve - meets general kosher guidelines

Kosher Dairy - meets non-dairy requirements

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	440 mg	13%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	8 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 28.0 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
- Contains 8 g soy protein*
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	25%
Iron.....	25%
Vitamin D.....	25%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	25%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	30%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	55%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, fructose, milk protein isolate, cocoa (processed with alkali), oat fiber, sweet dairy whey, guar gum, calcium phosphate, potassium chloride, salt, maltodextrin, microcrystalline cellulose, natural & artificial flavors, acesulfame potassium (non-nutritive sweetener), magnesium oxide, dl-methionine, modified corn starch, corn syrup solids, soy lecithin, ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	420 mg	12%
Total Carbohydrate	13 g	4%
Dietary Fiber	3 g	12%
Sugars	9 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 0

Serving Size: 27.7 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
- Contains 8 g soy protein*
- ✓ Caffeine Free
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium	25%
Iron.....	25%
Vitamin D.....	25%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	30%
Niacin	20%
Vitamin B6	35%
Folate	25%
Vitamin B12	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	25%
Magnesium.....	20%
Zinc	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	55%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, fructose, milk protein isolate, oat fiber, sweet dairy whey, guar gum, potassium chloride, calcium phosphate, microcrystalline cellulose, salt, maltodextrin, natural & artificial flavors, magnesium oxide, dl-methionine, modified corn starch, corn syrup solids, soy lecithin, acesulfame potassium (non-nutritive sweetener), ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	420 mg	12%
Total Carbohydrate	13 g	4%
Dietary Fiber	3 g	12%
Sugars	9 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 0

Serving Size: 27.8 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Heart Healthy
- Contains 8 g soy protein*
- ✓ Caffeine Free
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium	25%
Iron.....	25%
Vitamin D.....	25%
Vitamin E	20%
Vitamin K.....	20%
Thiamin (B1)	35%
Riboflavin.....	30%
Niacin	20%
Vitamin B6	35%
Folate	25%
Vitamin B12	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	25%
Magnesium.....	20%
Zinc	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	55%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, fructose, milk protein isolate, oat fiber, sweet dairy whey, guar gum, potassium chloride, calcium phosphate, natural & artificial flavors, microcrystalline cellulose, salt, modified corn starch, magnesium oxide, dl-methionine, soy lecithin, maltodextrin, acesulfame potassium (non-nutritive sweetener), ascorbic acid, yellow #6, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	200 mg	8%
Potassium	460 mg	13%
Total Carbohydrate	12 g	4%
Dietary Fiber	3 g	12%
Sugars	6 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 237 mL

Servings per Container: 1

This Product is:

- ✓ Lactose Free
- ✓ Heart Healthy
Contains 10.5 g soy protein
- ✓ Also Formulated for Diabetics

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	30%
Calcium.....	35%
Iron.....	25%
Vitamin D.....	20%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	30%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	30%
Iodine.....	20%
Magnesium.....	15%
Zinc.....	20%
Selenium.....	20%
Copper.....	30%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	50%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Water, soy protein isolate, fructose, sucrose, maltodextrin, cocoa (processed with alkali), gum Arabic, calcium phosphate, natural and artificial flavors, canola oil, cellulose gel, dipotassium phosphate, soy lecithin, salt, lactic acid, potassium chloride, cellulose gum, acesulfame potassium (non-nutritive sweetener), carrageenan, sodium ascorbate, magnesium oxide, dicalcium phosphate, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, d-calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, thiamin mononitrate, riboflavin, vitamin A palmitate, folic acid, chromium chloride, sodium molybdate, biotin, potassium iodide, sodium selenite, phytonadione, vitamin D₃, cyanocobalamin (vitamin B₁₂)

Medifast® Fit! Nutrition and Energy Bars

Chocolate

7073, 7065

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	4 g	6%
Saturated Fat	2.5 g	13%
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	340 mg	10%
Total Carbohydrate	21 g	7%
Dietary Fiber	2 g	8%
Sugars	16 g	
Protein	10 g	

Calories per Serving: 160

Calories from Fat: 35

Serving Size: 43 g

Servings per Container: 7, 24

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	35%
Iron.....	30%
Vitamin D.....	25%
Vitamin E.....	35%
Vitamin K.....	25%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	25%
Vitamin B6.....	30%
Folate.....	30%
Vitamin B12.....	25%
Biotin.....	25%
Pantothenic Acid.....	25%
Phosphorus.....	30%
Iodine.....	20%
Magnesium.....	25%
Zinc.....	20%
Selenium.....	20%
Copper.....	30%
Manganese.....	50%
Chromium.....	25%
Molybdenum.....	65%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, high fructose corn syrup, honey, high maltose corn syrup, sugar, cocoa (processed with alkali), calcium caseinate (milk protein), toasted soybeans, partially hydrogenated vegetable oils (cottonseed, soybean, palm kernel, and/or palm oils), chocolate liquor, soy fiber, natural and artificial flavors, nonfat dry milk, whey protein concentrate, potassium chloride, salt, soy lecithin, distilled monoglycerides, sorbitan monostearate, polysorbate 60, dicalcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, dl-alpha-tocopherol acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, phytonadione, cholecalciferol, cyanocobalamin

Medifast® Fit! Nutrition and Energy Bars

Peanut Butter

7074, 7066

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	4.5 g	7%
Saturated Fat	2.5 g	13%
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	340 mg	10%
Total Carbohydrate	20 g	7%
Dietary Fiber	2 g	8%
Sugars	15 g	
Protein	10 g	

Calories per Serving: 160

Calories from Fat: 40

Serving Size: 43 g

Servings per Container: 7, 24

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	35%
Iron.....	30%
Vitamin D.....	25%
Vitamin E.....	35%
Vitamin K.....	25%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	25%
Vitamin B6.....	30%
Folate.....	30%
Vitamin B12.....	25%
Biotin.....	25%
Pantothenic Acid.....	25%
Phosphorus.....	30%
Iodine.....	20%
Magnesium.....	25%
Zinc.....	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	50%
Chromium.....	25%
Molybdenum.....	65%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, honey, high fructose corn syrup, high maltose corn syrup, calcium caseinate, peanut butter, partially hydrogenated vegetable oils (cottonseed, soybean, palm kernel, and/or palm), toasted soybeans, whey protein concentrate, soy fiber, cocoa powder, dried apples, whole milk powder, natural and artificial flavors, nonfat dry milk, potassium chloride, salt, soy lecithin, distilled monoglycerides, sorbitan monostearate, polysorbate 60, dicalcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, dl-alpha-tocopherol acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, phytonadione, cholecalciferol, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	4 g	6%
Saturated Fat	2.5 g	13%
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	340 mg	11%
Total Carbohydrate	21 g	7%
Dietary Fiber	2 g	8%
Sugars	12 g	
Protein	10 g	

Calories per Serving: 160

Calories from Fat: 35

Serving Size: 43 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	35%
Iron.....	30%
Vitamin D.....	25%
Vitamin E.....	35%
Vitamin K.....	25%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	25%
Vitamin B6.....	30%
Folate.....	30%
Vitamin B12.....	25%
Biotin.....	25%
Pantothenic Acid.....	25%
Phosphorus.....	30%
Iodine.....	20%
Magnesium.....	30%
Zinc.....	20%
Selenium.....	20%
Copper.....	30%
Manganese.....	50%
Chromium.....	25%
Molybdenum.....	60%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, high fructose corn syrup, honey, high maltose corn syrup, sugar, cocoa (processed with alkali), calcium caseinate (milk protein), toasted soybeans, partially hydrogenated vegetable oils (cottonseed, soybean, palm kernel and/or palm oils), chocolate liquor, natural and artificial flavors, soy fiber, nonfat dry milk, whey protein concentrate, potassium chloride, salt, soy lecithin, distilled monoglycerides, sorbitan monostearate, polysorbate 60, dicalcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, dl-alpha-tocopherol acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, phytonadione, cholecalciferol, cyanocobalamin

Medifast® Fit! Nutrition and Energy Bars

Oatmeal Raisin

7064

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	3.5 g	6%
Saturated Fat	2 g	9%
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	340 mg	11%
Total Carbohydrate	22 g	7%
Dietary Fiber	2 g	8%
Sugars	16 g	
Protein	10 g	

Calories per Serving: 160

Calories from Fat: 35

Serving Size: 43 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	35%
Iron.....	30%
Vitamin D.....	25%
Vitamin E.....	35%
Vitamin K.....	25%
Thiamin (B1).....	35%
Riboflavin.....	30%
Niacin.....	25%
Vitamin B6.....	30%
Folate.....	35%
Vitamin B12.....	25%
Biotin.....	25%
Pantothenic Acid.....	25%
Phosphorus.....	30%
Iodine.....	20%
Magnesium.....	25%
Zinc.....	20%
Selenium.....	25%
Copper.....	20%
Manganese.....	50%
Chromium.....	25%
Molybdenum.....	60%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, raisins, high fructose corn syrup, high maltose corn syrup, sugar, granola (whole rolled oats, brown sugar, coconut, canola oil, honey), honey, calcium caseinate, partially hydrogenated vegetable oils (cottonseed, soybean, palm kernel, and/or palm), nonfat dry yogurt (nonfat dry milk, yogurt cultures), molasses, soy lecithin, glycerine, dehydrated apples, white oat fiber, soybean oil, soy nuggets (soy protein isolate, rice flour, malt, salt), potassium chloride, cellulose gel, salt, spices, guar gum, titanium dioxide (for color), natural flavors, dicalcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, dl-alpha-tocopherol acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, phytonadione, cholecalciferol, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	350 mg	15%
Potassium	600 mg	17%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	2 g	
Protein	9 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 29.5 g

Servings per Container: 7

This Product is:

- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Also Formulated for Diabetics
- ✓ Not Vegetarian Endorsed

AVERAGE % DAILY VALUE

Vitamin A.....	50%
Vitamin C.....	30%
Calcium.....	30%
Iron.....	25%
Vitamin D.....	25%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	10%
Iodine.....	25%
Magnesium.....	8%
Zinc.....	25%
Selenium.....	20%
Copper.....	25%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	55%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Textured soy protein concentrate, enriched egg noodles, maltodextrin, cellulose, dextrose, dehydrated carrots, salt, soy protein isolate, calcium carbonate, potassium citrate, potassium chloride, hydrolyzed corn gluten, autolyzed yeast, onion, xanthan gum, dehydrated celery, silicon dioxide (anti-caking agent), L-cysteine hydrochloride, garlic, spice, natural flavors, turmeric extract, disodium inosinate and guanylate, ascorbic acid, ferric orthophosphate, vitamin E acetate, vitamin A palmitate, niacinamide, zinc oxide, d-calcium pantothenate, manganese sulfate, copper sulfate, vitamin D3, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, phytonadione, cyanocobalamin (vitamin B12)

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	90 mg	4%
Potassium	480 mg	14%
Total Carbohydrate	15 g	5%
Dietary Fiber	4 g	16%
Sugars	9 g	
Protein	14 g	

Calories per Serving: 110

Calories from Fat: 10

Serving Size: 34.3 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	35%
Iron.....	25%
Vitamin D.....	30%
Vitamin E.....	25%
Vitamin K.....	25%
Thiamin (B1).....	35%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	25%
Phosphorus.....	17%
Iodine.....	30%
Magnesium.....	20%
Zinc.....	25%
Selenium.....	20%
Copper.....	30%
Manganese.....	45%
Chromium.....	30%
Molybdenum.....	60%
Chloride.....	6%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Fructose, calcium caseinate, milk protein isolate, isolated soy protein, chicory root extract (inulin), cocoa (processed with alkali), modified food starch, sweet dairy whey, potassium chloride, calcium carbonate, maltodextrin, tetrasodium pyrophosphate, corn syrup solids, dipotassium phosphatem xanthum gum, partially hydrogenated canola oil, calcium phosphate, magnesium oxide, DL-methionine, modified corn starch, natural and artificial flavorings, acesulfame potassium (non-nutritive sweetener), ascorbic acid, red #40, lecithin, sodium caseinate, yellow #6, yellow #5, ferric orthophosphate, dicalcium phosphate, salt, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, thiamin mononitrate, blue #1, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	5 mg	2%
Sodium	150 mg	6%
Potassium	400 mg	11%
Total Carbohydrate	15 g	5%
Dietary Fiber	4 g	16%
Sugars	10 g	
Protein	14 g	

Calories per Serving: 110

Calories from Fat: 10

Serving Size: 33.8 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Soy Free
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	25%
Iron.....	30%
Vitamin D.....	30%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	35%
Niacin.....	25%
Vitamin B6.....	35%
Folate.....	30%
Vitamin B12.....	25%
Biotin.....	20%
Pantothenic Acid.....	25%
Phosphorus.....	15%
Iodine.....	30%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	30%
Manganese.....	40%
Chromium.....	30%
Molybdenum.....	55%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Fructose, milk protein isolate, whey protein isolate, calcium caseinate, chicory root extract (inulin), sodium caseinate, cocoa (processed with alkali), marshmallows (sugar, corn syrup, modified food starch, gelatin, sodium hexametaphosphate, artificial and natural flavors, blue #1), potassium chloride, maltodextrin, calcium carbonate, potassium phosphate, salt, modified corn starch, natural and artificial flavors, dl-methionine, magnesium oxide, corn syrup solids, acesulfame potassium (non-nutritive sweetener), ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamine mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	2 g	3%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	130 mg	5%
Potassium	300 mg	9%
Total Carbohydrate	16 g	5%
Dietary Fiber	4 g	16%
Sugars	1 g	
Protein	10 g	

Calories per Serving: 110

Calories from Fat: 20

Serving Size: 34.9 g

Servings per Container: 7

This Product is:

- ✓ Kosher Parve
 - ✓ Lactose Free
 - ✓ Caffeine Free
 - ✓ Also Formulated for Diabetics
 - ✓ Heart Healthy
- Contains 7.2 g soy protein*

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium	25%
Iron.....	30%
Vitamin D.....	30%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	30%
Niacin	20%
Vitamin B6	35%
Folate	30%
Vitamin B12	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	25%
Magnesium.....	15%
Zinc	25%
Selenium.....	20%
Copper.....	25%
Manganese.....	40%
Chromium.....	30%
Molybdenum.....	55%

Ingredients

Rolled Oats, soy protein isolate, oat fiber, wild blueberries, sugar, calcium tri-phosphate, maltodextrin, potassium chloride, salt, lecithin, magnesium oxide, acesulfame potassium (non-nutritive sweetener), DL-methionine, artificial flavoring, modified corn starch, corn syrup solids, ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	4 g	6%
Saturated Fat	2.5 g	13%
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	340 mg	11%
Total Carbohydrate	21 g	7%
Dietary Fiber	2 g	8%
Sugars	16 g	
Protein	10 g	

Calories per Serving: 160

Calories from Fat: 35

Serving Size: 43 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Low Lactose
 - ✓ Contains Whey
 - ✓ Heart Healthy
- Contains 6.26 g soy protein*

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium	35%
Iron.....	30%
Vitamin D.....	25%
Vitamin E.....	35%
Vitamin K.....	25%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin	25%
Vitamin B6	30%
Folate	30%
Vitamin B12	25%
Biotin	25%
Pantothenic Acid.....	25%
Phosphorus.....	30%
Iodine.....	20%
Magnesium.....	25%
Zinc	20%
Selenium.....	20%
Copper.....	30%
Manganese.....	50%
Chromium.....	25%
Molybdenum.....	65%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, high fructose corn syrup, honey, high maltose corn syrup, sugar, cocoa (processed with alkali), calcium caseinate (milk protein), toasted soybeans, partially hydrogenated vegetable oils (cottonseed, soybean, palm kernel and/or palm), chocolate liquor, soy fiber, natural and artificial flavors, nonfat milk, whey protein concentrate, potassium chloride, salt, lecithin, distilled monoglycerides, sorbitan monostearate, polysorbate 60, dicalcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, dl-alpha-tocopherol acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, phytonadione, cholecalciferol, cyanocobalamin

Medifast® Supplement Bars

Chocolate Mint

6490

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	4 g	6%
Saturated Fat	2.5 g	13%
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	340 mg	11%
Total Carbohydrate	21 g	7%
Dietary Fiber	2 g	8%
Sugars	12 g	
Protein	10 g	

Calories per Serving: 160

Calories from Fat: 35

Serving Size: 43 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Low Lactose
 - ✓ Contains Whey
 - ✓ Heart Healthy
- Contains 6.26 g soy protein*

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	35%
Iron.....	30%
Vitamin D.....	25%
Vitamin E.....	35%
Vitamin K.....	25%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	25%
Vitamin B6.....	30%
Folate.....	30%
Vitamin B12.....	25%
Biotin.....	25%
Pantothenic Acid.....	25%
Phosphorus.....	30%
Iodine.....	20%
Magnesium.....	30%
Zinc.....	20%
Selenium.....	20%
Copper.....	30%
Manganese.....	50%
Chromium.....	25%
Molybdenum.....	60%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Soy protein isolate, high fructose corn syrup, honey, high maltose corn syrup, sugar, cocoa (processed with alkali), calcium caseinate (milk protein), toasted soybeans, partially hydrogenated vegetable oils (cottonseed, soybean, palm kernel and/or palm oils), chocolate liquor, natural and artificial flavors, soy fiber, nonfat dry milk, whey protein concentrate, potassium chloride, salt, soy lecithin, distilled monoglycerides, sorbitan monostearate, polysorbate 60, dicalcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, dl-alpha-tocopherol acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, phytonadione, cholecalciferol, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	4 g	6%
Saturated Fat	2.5 g	13%
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	340 mg	11%
Total Carbohydrate	20 g	7%
Dietary Fiber	2 g	8%
Sugars	15 g	
Protein	10 g	

Calories per Serving: 160

Calories from Fat: 35

Serving Size: 43 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Low Lactose
 - ✓ Contains Whey
 - ✓ Heart Healthy
- Contains 6.26 g soy protein*

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	35%
Iron.....	30%
Vitamin D.....	25%
Vitamin E.....	35%
Vitamin K.....	25%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	25%
Vitamin B6.....	30%
Folate.....	30%
Vitamin B12.....	25%
Biotin.....	25%
Pantothenic Acid.....	25%
Phosphorus.....	30%
Iodine.....	20%
Magnesium.....	25%
Zinc.....	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	55%
Chromium.....	25%
Molybdenum.....	65%

Ingredients

Soy protein isolate, honey, high fructose corn syrup, high maltose corn syrup, calcium caseinate, peanut butter, partially hydrogenated vegetable oils (cottonseed, soybean, palm kernel and/or palm), toasted soybeans, whey protein concentrate, soy fiber, cocoa powder, dried apples, whole milk powder, natural and artificial flavors, nonfat dry milk potassium chloride, salt, soy lecithin, distilled monoglycerides, sorbitan monostearate, polysorbate 60, dicalcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, dl-alpha-tocopherol acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, phytonadione, cholecalciferol, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	4 g	6%
Saturated Fat	2 g	10%
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	340 mg	11%
Total Carbohydrate	20 g	7%
Dietary Fiber	2 g	8%
Sugars	11 g	
Protein	10 g	

Calories per Serving: 160

Calories from Fat: 35

Serving Size: 43 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Low Lactose
 - ✓ Contains Whey
 - ✓ Heart Healthy
- Contains 6.26 g soy protein*

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	35%
Iron.....	30%
Vitamin D.....	25%
Vitamin E.....	35%
Vitamin K.....	25%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	25%
Vitamin B6.....	30%
Folate.....	35%
Vitamin B12.....	25%
Biotin.....	25%
Pantothenic Acid.....	25%
Phosphorus.....	30%
Iodine.....	20%
Magnesium.....	25%
Zinc.....	20%
Selenium.....	25%
Copper.....	20%
Manganese.....	60%
Chromium.....	25%
Molybdenum.....	70%

Ingredients

Soy protein isolate, honey, high fructose corn syrup, high maltose corn syrup, sugar, whey protein concentrate, partially hydrogenated vegetable oils (cottonseed, soybean, palm kernel and/or palm), calcium caseinate, soy nuggets (soy protein isolate, rice flour, malt, salt), glycerine, cellulose gel, nonfat dry yogurt (nonfat dry milk, yogurt cultures), soy lecithin, soy fiber, potassium chloride, lactic acid, citric acid, salt, natural and artificial flavor, freeze-dried lemon, guar gum, titanium dioxide (for color), oil of turmeric (for color), dicalcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, dl-alpha-tocopherol acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, phytonadione, cholecalciferol, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	3.5 g	6%
Saturated Fat	2 g	9%
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	340 mg	11%
Total Carbohydrate	22 g	7%
Dietary Fiber	2 g	8%
Sugars	16 g	
Protein	10 g	

Calories per Serving: 160

Calories from Fat: 35

Serving Size: 43 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Low Lactose
 - ✓ Contains Whey
 - ✓ Heart Healthy
- Contains 6.26 g soy protein*

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	35%
Iron.....	30%
Vitamin D.....	25%
Vitamin E.....	35%
Vitamin K.....	25%
Thiamin (B1).....	35%
Riboflavin.....	30%
Niacin.....	25%
Vitamin B6.....	30%
Folate.....	35%
Vitamin B12.....	25%
Biotin.....	25%
Pantothenic Acid.....	25%
Phosphorus.....	30%
Iodine.....	20%
Magnesium.....	25%
Zinc.....	20%
Selenium.....	25%
Copper.....	20%
Manganese.....	50%
Chromium.....	25%
Molybdenum.....	60%

Ingredients

Soy protein isolate, raisins, high fructose corn syrup, high maltose corn syrup, sugar, granola (whole rolled oats, brown sugar, coconut, canola oil, honey), honey, calcium caseinate, partially hydrogenated vegetable oils (cottonseed, soybean, palm kernel, and/or palm), nonfat dry yogurt (nonfat dry milk, yogurt cultures), molasses, soy lecithin, glycerine, dehydrated apples, white oat fiber, soybean oil, soy nuggets (soy protein isolate, rice flour, malt, salt), potassium chloride, cellulose gel, salt, spices, guar gum, titanium dioxide (for color), natural flavors, dicalcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, dl-alpha-tocopherol acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, phytonadione, cholecalciferol, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	5 g	8%
Saturated Fat	3 g	15%
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	380 mg	11%
Total Carbohydrate	22 g	7%
Dietary Fiber	2 g	8%
Sugars	12 g	
Protein	10 g	

Calories per Serving: 170

Calories from Fat: 35

Serving Size: 43 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Low Lactose
 - ✓ Contains Whey
 - ✓ Heart Healthy
- Contains 6.75 g soy protein*

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	30%
Calcium.....	30%
Iron.....	25%
Vitamin D.....	20%
Vitamin E.....	30%
Vitamin K.....	20%
Thiamin (B1).....	25%
Riboflavin.....	25%
Niacin.....	20%
Vitamin B6.....	25%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	30%
Iodine.....	15%
Magnesium.....	20%
Zinc.....	15%
Selenium.....	15%
Copper.....	15%
Manganese.....	45%
Chromium.....	20%
Molybdenum.....	60%

Ingredients

Soy protein isolate, honey, high fructose corn syrup, high maltose corn syrup, calcium caseinate, peanut butter, partially hydrogenated vegetable oils (cottonseed, soybean, palm kernel and/or palm), maltitol syrup, toasted soybeans, whey protein concentrate, soy fiber, vitamin and mineral premix [dicalcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, vitamin E acetate (dl- alpha tocopheryl acetate), niacinamide, zinc oxide, manganese sulphate, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, phytonadione, cholecalciferol, cyanocobalamin], cocoa powder, dried apples, potassium chloride, fructose, nonfat dry milk, whole milk powder, corn syrup, soy lecithin, salt, milk protein isolate, polydextrose, distilled monoglycerides, sorbitan monostearate, polysorbate 60, gellan gum, sucralose, natural and artificial flavors

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	3 g	5%
Saturated Fat	0.5 g	3%
Cholesterol	0 mg	0%
Sodium	150 mg	7%
Potassium	300 mg	9%
Total Carbohydrate	24 g	8%
Dietary Fiber	1 g	4%
Sugars	10 g	
Protein	10 g	

Calories per Serving: 160

Calories from Fat: 30

Serving Size: 45 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Lactose Free
 - ✓ Caffeine Free
 - ✓ Contains Whey
 - ✓ Heart Healthy
- Contains 7 g soy protein*

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	30%
Calcium.....	30%
Iron.....	30%
Vitamin D.....	20%
Vitamin E.....	30%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	25%
Niacin.....	20%
Vitamin B6.....	25%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	30%
Iodine.....	15%
Magnesium.....	25%
Zinc.....	15%
Selenium.....	15%
Copper.....	20%
Manganese.....	40%
Chromium.....	20%
Molybdenum.....	50%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Granola cereal (rolled oats, wheat flakes, sugar, soybean oil, honey, whey powder, fancy molasses, salt, natural flavor), corn syrup, soy crisp (soy protein isolate, tapioca starch, malt extract), high fructose corn syrup, raisins, soy protein isolate, sweetened dried cranberry pieces (cranberries, sugar, sunflower oil), sodium caseinate, soy nuggets (isolate soy protein, rice flour, malt, salt), soybean oil, soy lecithin, almonds, glycerin, citric acid, natural and artificial flavor, potassium chloride, dicalcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, vitamin E acetate (dl-alpha tocopheryl acetate), niacinamide, zinc oxide, manganese sulphate, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, phytonadione, cholecalciferol, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	3 g	5%
Saturated Fat	1 g	5%
Cholesterol	0 mg	0%
Sodium	150 mg	6%
Potassium	280 mg	8%
Total Carbohydrate	24 g	8%
Dietary Fiber	1 g	4%
Sugars	10 g	
Protein	10 g	

Calories per Serving: 160

Calories from Fat: 30

Serving Size: 45 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Low Lactose
 - ✓ Contains Whey
 - ✓ Heart Healthy
- Contains 6.25 g soy protein*

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	25%
Calcium.....	25%
Iron.....	25%
Vitamin D.....	20%
Vitamin E.....	25%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	25%
Folate.....	35%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	25%
Iodine.....	15%
Magnesium.....	20%
Zinc.....	15%
Selenium.....	15%
Copper.....	25%
Manganese.....	40%
Chromium.....	20%
Molybdenum.....	50%

Ingredients

Granola cereal (rolled oats, wheat flakes, sugar, soybean oil, honey, whey powder, fancy molasses, salt, natural flavor), corn syrup, soy crisp (soy protein isolate, tapioca starch, malt extract), high fructose corn syrup, chocolate chips (sugar, chocolate liquor, dextrose, cocoa butter, soy lecithin, vanillin), sugar, soy protein isolate, sodium caseinate, soy nuggets (isolated soy protein, rice flour, malt, salt), marshmallows (invert sugar, sugar, water, algin, natural marshmallow type flavor, titanium dioxide, corn starch, potassium sorbate [a preservative]), vitamin and mineral premix (dicalcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, vitamin E acetate (dl-alpha tocopheryl acetate), niacinamide, zinc oxide, manganese sulphate, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, phytanadione, cholecalciferol, cyanocobalamin) soybean oil, oat fiber, honey, potassium chloride, sorbitol, soy lecithin, glycerin, salt, natural and artificial flavors

Medifast® Diabetic Bars

Chocolate Crunch

7050

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	3.5 g	5%
Saturated Fat	2.5 g	13%
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	330 mg	9%
Total Carbohydrate	21 g	7%
Dietary Fiber	4 g	16%
Sugars	1 g	
Protein	10 g	

Calories per Serving: 130

Calories from Fat: 35

Serving Size: 43 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Also Formulated for Diabetics
- ✓ Contains Whey

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	35%
Iron.....	35%
Vitamin D.....	25%
Vitamin E.....	35%
Vitamin K.....	25%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	25%
Vitamin B6.....	30%
Folate.....	35%
Vitamin B12.....	25%
Biotin.....	25%
Pantothenic Acid.....	25%
Phosphorus.....	30%
Iodine.....	20%
Magnesium.....	25%
Zinc.....	20%
Selenium.....	20%
Copper.....	25%
Manganese.....	50%
Chromium.....	25%
Molybdenum.....	70%
Chloride.....	10%

Ingredients

Maltitol, protein blend (soy protein isolate, calcium caseinate, whey protein concentrate), cocoa (processed with alkali), polydextrose, soy protein nuggets (soy protein isolate, rice flour, malt, salt), inulin (chickory root), glycerine, sorbitol, cellulose gel, fractionated palm kernel oil, glycerine, water, fructose, potassium chloride, soy lecithin, partially hydrogenated palm kernel oil, natural and artificial flavors, salt, guar gum, acesulfame K, dicalcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, dl-alpha-tocopherol acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, phytonadione, cholecalciferol, cyanocobalamin

Medifast® Diabetic Bars

Peanut Butter Crunch

7060

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	4.5 g	7%
Saturated Fat	2.5 g	14%
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	310 mg	9%
Total Carbohydrate	22 g	7%
Dietary Fiber	4 g	16%
Sugars	1 g	
Protein	10 g	

Calories per Serving: 140

Calories from Fat: 40

Serving Size: 43 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Also Formulated for Diabetics
- ✓ Contains Whey

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	35%
Iron.....	35%
Vitamin D.....	25%
Vitamin E.....	35%
Vitamin K.....	25%
Thiamin (B1).....	30%
Riboflavin.....	35%
Niacin.....	30%
Vitamin B6.....	30%
Folate.....	35%
Vitamin B12.....	25%
Biotin.....	25%
Pantothenic Acid.....	25%
Phosphorus.....	35%
Iodine.....	20%
Magnesium.....	25%
Zinc.....	25%
Selenium.....	20%
Copper.....	25%
Manganese.....	50%
Chromium.....	25%
Molybdenum.....	60%

Ingredients

Maltitol, protein blend (soy protein isolate, calcium caseinate, whey protein concentrate), sorbitol, polydextrose, cellulose gel, partially defatted peanut flour, fractionated palm kernel oil, soy protein nuggets (soy protein isolate, rice flour, malt, salt), inulin (chickory root), glycerine, cocoa (processed with alkali), peanut butter (ground peanuts), potassium chloride, partially hydrogenated palm kernel oil, natural flavors, soy lecithin, salt, guar gum, acesulfame K, dicalcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, dl-alpha-tocopherol acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, phytonadione, cholecalciferol, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	2 g	3%
Saturated Fat	0.5 g	3%
Cholesterol	10 mg	3%
Sodium	400 mg	17%
Potassium	400 mg	11%
Total Carbohydrate	10 g	3%
Dietary Fiber	1 g	4%
Sugars	5 g	
Protein	15 g	

Calories per Serving: 110

Calories from Fat: 15

Serving Size: 30.3 g

Servings per Container: 7

This Product is:

- ✓ Lactose Free
- ✓ Soy Free
- ✓ Caffeine Free
- ✓ Also Formulated for Diabetics
- ✓ Low Glycemic
- ✓ Contains Whey
- ✓ Not Vegetarian Endorsed

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	30%
Calcium	25%
Iron.....	20%
Vitamin D.....	20%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin	20%
Vitamin B6	30%
Folate	20%
Vitamin B12	30%
Biotin	25%
Pantothenic Acid.....	20%
Phosphorus.....	25%
Iodine.....	20%
Magnesium.....	20%
Zinc	30%
Selenium.....	20%
Copper.....	20%
Manganese.....	30%
Chromium.....	25%
Molybdenum.....	60%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Whey protein concentrate, calcium and sodium caseinate, maltodextrin, autolyzed yeast extract, oat fiber, chicken fat, broccoli, hydrolyzed corn gluten, modified corn starch, calcium phosphate, onion*, cauliflower, nonfat milk solids, salt, xanthan gum, potassium phosphate, natural flavors, potassium chloride, potassium citrate, garlic, tapioca flour, magnesium oxide, tapioca maltodextrin, dextrose, soy lecithin, turmeric extract, molybdenum yeast, spice, ascorbic acid, disodium inosinate and guanylate, partially hydrogenated cottonseed and soybean oils, chromium yeast, selenium yeast, vitamin E acetate, zinc oxide, niacinamide, vitamin A palmitate, reduced iron, copper gluconate, manganese sulfate, d-calcium pantothenate, vitamin D3, pyridoxine hydrochloride, thiamin mononitrate, riboflavin, folic acid, biotin, potassium iodide, phytonadione, cyanocobalamin (vitamin B12)

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	2 g	3%
Saturated Fat	0.5 g	3%
Cholesterol	10 mg	3%
Sodium	370 mg	15%
Potassium	350 mg	10%
Total Carbohydrate	9 g	3%
Dietary Fiber	1 g	4%
Sugars	5 g	
Protein	14 g	

Calories per Serving: 110

Calories from Fat: 20

Serving Size: 29.4 g

Servings per Container: 7

This Product is:

- ✓ Low Lactose
- ✓ Soy Free
- ✓ Caffeine Free
- ✓ Also Formulated for Diabetics
- ✓ Low Glycemic
- ✓ Contains Whey
- ✓ Not Vegetarian Endorsed

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	30%
Calcium	25%
Iron.....	20%
Vitamin D.....	20%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin	20%
Vitamin B6	30%
Folate	20%
Vitamin B12	30%
Biotin	25%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	20%
Magnesium.....	20%
Zinc	30%
Selenium.....	20%
Copper.....	20%
Manganese.....	30%
Chromium.....	25%
Molybdenum.....	60%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

whey protein concentrate, calcium and sodium caseinate, maltodextrin, autolyzed yeast extract, chicken fat, oat fiber, hydrolyzed corn gluten, nonfat milk solids, onion, calcium phosphate, natural flavors, xanthan gum, potassium phosphate, potassium chloride, potassium citrate, magnesium oxide, salt, dextrose, tapioca maltodextrin, disodium inosinate and guanylate, soy lecithin, parsley, molybdenum yeast, turmeric extract, garlic, ascorbic acid, chromium yeast, selenium yeast, vitamin E acetate, zinc oxide, niacinamide, vitamin A palmitate, reduced iron, copper gluconate, manganese sulfate, d-calcium pantothenate, vitamin D3, pyridoxine hydrochloride, thiamin mononitrate, riboflavin, folic acid, biotin, potassium iodide, phytonadione, cyanocobalamin (vitamin B12)

Medifast® Creamy Soups

Cream of Tomato

6060

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	9 mg	3%
Sodium	250 mg	10%
Potassium	450 mg	13%
Total Carbohydrate	13 g	4%
Dietary Fiber	2 g	8%
Sugars	6 g	
Protein	14 g	

Calories per Serving: 110

Calories from Fat: 10

Serving Size: 32.5 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose
- ✓ Soy Free
- ✓ Caffeine Free
- ✓ Contains Whey

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	30%
Calcium.....	25%
Iron.....	20%
Vitamin D.....	25%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	30%
Folate.....	20%
Vitamin B12.....	30%
Biotin.....	25%
Pantothenic Acid.....	20%
Phosphorus.....	25%
Iodine.....	20%
Magnesium.....	20%
Zinc.....	30%
Selenium.....	20%
Copper.....	20%
Manganese.....	30%
Chromium.....	25%
Molybdenum.....	60%

Ingredients

Whey protein concentrate, tomato powder, calcium and sodium caseinate, oat fiber, citric acid, salt, calcium phosphate, xanthan gum, magnesium oxide, beet powder, monosodium glutamate, soy lecithin, molybdenum yeast, artificial flavor, ascorbic acid, chromium yeast, selenium yeast, acesulfame potassium (non-nutritive sweetener), gum arabic, vitamin E acetate, zinc oxide, niacinamide, vitamin A palmitate, reduced iron, disodium inosinate and guanylate, copper gluconate, d-calcium pantothenate, manganese sulfate, vitamin D3, pyridoxine hydrochloride, thiamin mononitrate, riboflavin, folic acid, biotin, potassium iodide, phytonadione, cyanocobalamin (vitamin B12)

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	2 g	3%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	130 mg	5%
Potassium	300 mg	9%
Total Carbohydrate	14 g	5%
Dietary Fiber	4 g	16%
Sugars	1 g	
Protein	10 g	

Calories per Serving: 110

Calories from Fat: 20

Serving Size: 34.9 g

Servings per Container: 7

This Product is:

- ✓ Kosher Parve
 - ✓ Lactose Free
 - ✓ Caffeine Free
 - ✓ Low Glycemic
 - ✓ Also Formulated for Diabetics
 - ✓ Heart Healthy
- Contains 6.7 g soy protein*

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	30%
Calcium.....	25%
Iron.....	20%
Vitamin D.....	20%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	30%
Folate.....	20%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	20%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	50%

Ingredients

Rolled oats, soy protein isolate, dehydrated apples (non-sulfured), oat fiber, calcium tri-phosphate, natural and artificial flavors, potassium chloride, salt, spice, lecithin, magnesium oxide, DL-methionine, acesulfame potassium (non-nutritive sweetener), ascorbic acid, ferric orthophosphate, vitamin E acetate, vitamin A palmitate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, vitamin D₃, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, phytonadione, cyanocobalamin (vitamin B12)

Medifast® Hearty Oatmeal

French Vanilla Berry

5801

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	2 g	3%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	130 mg	5%
Potassium	300 mg	9%
Total Carbohydrate	16 g	5%
Dietary Fiber	4 g	16%
Sugars	1 g	
Protein	10 g	

Calories per Serving: 110

Calories from Fat: 20

Serving Size: 34.9 g

Servings per Container: 7

This Product is:

- ✓ Kosher Parve
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Also Formulated for Diabetics
- ✓ Heart Healthy
Contains 7.2 g soy protein

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	25%
Iron.....	30%
Vitamin D.....	30%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	30%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	25%
Magnesium.....	15%
Zinc.....	25%
Selenium.....	20%
Copper.....	25%
Manganese.....	40%
Chromium.....	30%
Molybdenum.....	55%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Rollled Oats, soy protein isolate, oat fiber, wild blueberries, sugar, calcium tri-phosphate, maltodextrin, potassium chloride, salt, lecithin, magnesium oxide, acesulfame potassium (non-nutritive sweetener), DL-methionine, artificial flavoring, modified corn starch, corn syrup solids, ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Medifast® Hearty Oatmeal

Maple & Brown Sugar

5802

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	2 g	3%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	130 mg	5%
Potassium	300 mg	9%
Total Carbohydrate	16 g	5%
Dietary Fiber	4 g	16%
Sugars	1 g	
Protein	10 g	

Calories per Serving: 110

Calories from Fat: 20

Serving Size: 34.9 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Also Formulated for Diabetics
- ✓ Heart Healthy

Contains 7 g soy protein

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	25%
Iron.....	30%
Vitamin D.....	30%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	30%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	25%
Magnesium.....	15%
Zinc.....	25%
Selenium.....	20%
Copper.....	25%
Manganese.....	40%
Chromium.....	30%
Molybdenum.....	55%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Rolled oats, soy protein isolate, oat fiber, brown sugar, calcium phosphate, modified food starch, potassium chloride, salt, lecithin, natural and artificial flavorings, magnesium oxide, acesulfame potassium (non-nutritive sweetener), maltodextrin, DL-methionine, sugar, ascorbic acid, propylene glycol, maple syrup, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D₃, cyanocobalamin (vitamin B12)

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	120 mg	5%
Potassium	500 mg	14%
Total Carbohydrate	12 g	4%
Dietary Fiber	4 g	16%
Sugars	8 g	
Protein	14 g	

Calories per Serving: 90

Calories from Fat: 0

Serving Size: 30.2 g

Servings per Container: 7

This Product is:

- ✓ Lactose Free
- ✓ Soy Free
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	100%
Calcium.....	30%
Iron.....	20%
Vitamin D.....	20%
Vitamin E.....	100%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	30%
Vitamin B6.....	30%
Folate.....	30%
Vitamin B12.....	30%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	20%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	20%
Chromium.....	20%
Molybdenum.....	20%
Chloride.....	3%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Whey protein isolate, pure crystalline fructose, chicory root extract (inulin), dipotassium phosphate, calcium carbonate, instant black tea, maltodextrin, citric acid, salt, magnesium oxide, ascorbic acid, vitamin E acetate, natural and artificial flavors, citric acid, acesulfame potassium (nonnutritive sweetener), tricalcium phosphate (anti-caking agent), ferric orthophosphate, biotin, niacinamide, vitamin A palmitate, zinc oxide, calcium pantothenate, phytonadione, manganese sulfate, copper sulfate, cholecalciferol, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, potassium iodide, chromium polynicotinate, cyanocobalamin, folic acid, sodium molybdate, sodium selenite

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	80 mg	3%
Potassium	500 mg	14%
Total Carbohydrate	12 g	4%
Dietary Fiber	4 g	16%
Sugars	8 g	
Protein	14 g	

Calories per Serving: 90

Calories from Fat: 0

Serving Size: 30.5 g

Servings per Container: 7

This Product is:

- ✓ Lactose Free
- ✓ Soy Free
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	100%
Calcium.....	25%
Iron.....	20%
Vitamin D.....	20%
Vitamin E.....	100%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	30%
Vitamin B6.....	30%
Folate.....	30%
Vitamin B12.....	30%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	20%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	20%
Chromium.....	20%
Molybdenum.....	20%
Chloride.....	3%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Whey protein isolate, fructose, chicory root extract (inulin), dipotassium phosphate, calcium citrate, instant decaffeinated green tea, maltodextrin, calcium carbonate citric acid, magnesium oxide, ascorbic acid, vitamin E acetate, natural and artificial flavors, raspberry juice concentrate, acesulfame potassium (non nutritive sweetener), tricalcium phosphate (anti-caking agent), ferric orthophosphate, biotin, niacinamide, vitamin A palmitate, zinc oxide, calcium pantothenate, phytonadione, manganese sulfate, copper sulfate, cholecalciferol, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, potassium iodide, chromium polynicotinate, cyanocobalamin, folic acid, sodium molybdate, sodium selenite

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	90 mg	4%
Potassium	480 mg	14%
Total Carbohydrate	15 g	5%
Dietary Fiber	4 g	16%
Sugars	9 g	
Protein	14 g	

Calories per Serving: 110

Calories from Fat: 10

Serving Size: 34.3 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Low Lactose

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	35%
Iron.....	25%
Vitamin D.....	30%
Vitamin E.....	25%
Vitamin K.....	25%
Thiamin (B1).....	35%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	25%
Phosphorus.....	17%
Iodine.....	30%
Magnesium.....	20%
Zinc.....	25%
Selenium.....	20%
Copper.....	30%
Manganese.....	45%
Chromium.....	30%
Molybdenum.....	60%
Chloride.....	6%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Fructose, calcium caseinate, milk protein isolate, isolated soy protein, chicory root extract (inulin), cocoa (processed with alkali), modified food starch, sweet dairy whey, potassium chloride, calcium carbonate, maltodextrin, tetrasodium pyrophosphate, corn syrup solids, dipotassium phosphate, xanthan gum, partially hydrogenated canola oil, calcium phosphate, magnesium oxide, DL-methionine, modified corn starch, natural and artificial flavorings, acesulfame potassium (non-nutritive sweetener), ascorbic acid, red #40, lecithin, sodium caseinate, yellow #6, yellow #5, ferric orthophosphate, dicalcium phosphate, salt, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, blue #1, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Medifast® Pudding

Banana Cream

7285

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	90 mg	4%
Potassium	365 mg	10%
Total Carbohydrate	15 g	5%
Dietary Fiber	4 g	16%
Sugars	9 g	
Protein	14 g	

Calories per Serving: 110

Calories from Fat: 5

Serving Size: 33.2 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	35%
Iron.....	25%
Vitamin D.....	30%
Vitamin E.....	25%
Vitamin K.....	25%
Thiamin (B1).....	35%
Riboflavin.....	30%
Niacin.....	25%
Vitamin B6.....	35%
Folate.....	30%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	25%
Phosphorus.....	15%
Iodine.....	30%
Magnesium.....	15%
Zinc.....	25%
Selenium.....	25%
Copper.....	25%
Manganese.....	40%
Chromium.....	30%
Molybdenum.....	60%
Chloride.....	6%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Fructose, calcium caseinate, milk protein isolate, chicory root extract (inulin), isolated soy protein, modified food starch, sweet dairy whey, potassium chloride, calcium carbonate, tetrasodium pyrophosphate, dipotassium phosphate, xanthan gum, partially hydrogenated canola oil, corn syrup solids, calcium phosphate, modified corn starch, maltodextrin, magnesium oxide, dl-methionine, natural and artificial flavorings, acesulfame potassium (non-nutritive sweetener, ascorbic acid, lecithin, sodium caseinate, ferric orthophosphate, dicalcium phosphate, salt, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, yellow #5, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, sodium molybdate, chromium chloride, folic acid, biotin, sodium selenite, potassium iodide, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Cholesterol	3 mg	1%
Sodium	140 mg	6%
Potassium	330 mg	9%
Total Carbohydrate	14 g	5%
Dietary Fiber	3 g	12%
Sugars	10 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 5

Serving Size: 31.9 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Caffeine Free
- ✓ Low Lactose
- ✓ Soy Free
- ✓ Contains Whey

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

	<u>AVERAGE % DAILY VALUE</u>
Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	25%
Iron.....	20%
Vitamin D.....	30%
Vitamin E.....	25%
Vitamin K.....	25%
Thiamin (B1).....	40%
Riboflavin.....	35%
Niacin.....	25%
Vitamin B6.....	40%
Folate.....	30%
Vitamin B12.....	25%
Biotin.....	20%
Pantothenic Acid.....	25%
Phosphorus.....	8%
Iodine.....	30%
Magnesium.....	15%
Zinc.....	25%
Selenium.....	25%
Copper.....	25%
Manganese.....	45%
Chromium.....	30%
Molybdenum.....	60%
Chloride.....	6%

Ingredients

Fructose, milk protein isolate, whey protein isolate, calcium caseinate, chicory root extract (inulin), sodium caseinate, instant decaffeinated coffee, potassium chloride, maltodextrin, calcium carbonate, potassium phosphate, modified food starch, salt, magnesium oxide, dl-methionine, acesulfame potassium (non-nutritive sweetener), glycerol triacetate, natural and artificial flavors, corn syrup solids, ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Cholesterol	5 mg	1%
Sodium	140 mg	6%
Potassium	330 mg	9%
Total Carbohydrate	14 g	5%
Dietary Fiber	3 g	12%
Sugars	10 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 5

Serving Size: 33.0 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Caffeine Free
- ✓ Soy Free
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	25%
Iron.....	20%
Vitamin D.....	30%
Vitamin E.....	25%
Vitamin K.....	25%
Thiamin (B1).....	40%
Riboflavin.....	35%
Niacin.....	25%
Vitamin B6.....	40%
Folate.....	30%
Vitamin B12.....	25%
Biotin.....	20%
Pantothenic Acid.....	25%
Phosphorus.....	8%
Iodine.....	30%
Magnesium.....	15%
Zinc.....	25%
Selenium.....	25%
Copper.....	25%
Manganese.....	45%
Chromium.....	30%
Molybdenum.....	60%
Chloride.....	6%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Fructose, milk protein isolate, whey protein isolate, calcium caseinate, chicory root extract (inulin), sodium caseinate, instant green tea, spices, maltodextrin, potassium chloride, calcium carbonate, natural and artificial flavors, modified corn starch, salt, magnesium oxide, DL-methionine, acesulfame potassium (non-nutritive sweetener), ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, corn syrup solids, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, sodium molybdate, chromium chloride, folic acid, biotin, sodium selenite, potassium iodide, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	5 mg	2%
Sodium	150 mg	6%
Potassium	400 mg	11%
Total Carbohydrate	14 g	5%
Dietary Fiber	4 g	16%
Sugars	10 g	
Protein	14 g	

Calories per Serving: 110

Calories from Fat: 10

Serving Size: 32.5 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Soy Free
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	25%
Iron.....	30%
Vitamin D.....	30%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	35%
Niacin.....	25%
Vitamin B6.....	35%
Folate.....	30%
Vitamin B12.....	25%
Biotin.....	20%
Pantothenic Acid.....	25%
Phosphorus.....	15%
Iodine.....	30%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	30%
Manganese.....	40%
Chromium.....	30%
Molybdenum.....	55%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Fructose, milk protein isolate, whey protein isolate, calcium caseinate, chicory root extract (inulin), sodium caseinate, cocoa (processed with alkali), potassium chloride, maltodextrin, calcium carbonate, potassium phosphate, salt, modified corn starch, natural and artificial flavors, dl-methionine, magnesium oxide, corn syrup solids, acesulfame potassium (non-nutritive sweetener), ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamine mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	5 mg	2%
Sodium	150 mg	6%
Potassium	400 mg	11%
Total Carbohydrate	15 g	5%
Dietary Fiber	4 g	16%
Sugars	10 g	
Protein	14 g	

Calories per Serving: 110

Calories from Fat: 10

Serving Size: 33.8 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Soy Free
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	25%
Iron.....	30%
Vitamin D.....	30%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	35%
Niacin.....	25%
Vitamin B6.....	35%
Folate.....	30%
Vitamin B12.....	25%
Biotin.....	20%
Pantothenic Acid.....	25%
Phosphorus.....	15%
Iodine.....	30%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	30%
Manganese.....	40%
Chromium.....	30%
Molybdenum.....	55%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Fructose, milk protein isolate, whey protein isolate, calcium caseinate, chicory root extract (inulin), sodium caseinate, cocoa (processed with alkali), marshmallows (sugar, corn syrup, modified food starch, gelatin, sodium hexametaphosphate, artificial and natural flavors, blue #1), potassium chloride, maltodextrin, calcium carbonate, potassium phosphate, salt, modified corn starch, natural and artificial flavors, dl-methionine, magnesium oxide, corn syrup solids, acesulfame potassium (non-nutritive sweetener), ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamine mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Medifast® Homestyle Chili

Chili

6970

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	240 mg	10%
Potassium	500 mg	14%
Total Carbohydrate	16 g	5%
Dietary Fiber	4 g	16%
Sugars	1 g	
Protein	11 g	

Calories per Serving: 110

Calories from Fat: 10

Serving Size: 33.7 g

Servings per Container: 7

This Product is:

- ✓ Lactose Free
- ✓ Also Formulated for Diabetics
- ✓ Low Glycemic
- ✓ Heart Healthy
Contains 7.2 g soy protein
- ✓ Not Vegetarian Endorsed
- ✓ Contains Whey

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	30%
Calcium.....	25%
Iron.....	30%
Vitamin D.....	20%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	30%
Folate.....	20%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	20%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	50%

Ingredients

Red Beans, tomato powder, textured soy protein, soy protein isolate, dried vegetables (carrots, onions, celery, green peppers, garlic, leek) spices (including chili peppers), yeast extract, maltodextrin, sugar, salt, potassium chloride, calcium carbonate, hydrolyzed corn and wheat gluten, potassium citrate, magnesium oxide, DL-methionine, ascorbic acid, ferric orthophosphate, vitamin E acetate, vitamin A palmitate, niacinamide, zinc oxide, d-calcium pantothenate, manganese sulfate, copper sulfate, vitamin D3, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, phytonadione, cyanocobalamin (vitamin B12)

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	290 mg	12%
Potassium	500 mg	14%
Total Carbohydrate	19 g	6%
Dietary Fiber	4 g	16%
Sugars	2 g	
Protein	9 g	

Calories per Serving: 110

Calories from Fat: 10

Serving Size: 34.2 g

Servings per Container: 7

This Product is:

- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Also Formulated For Diabetics
- ✓ Not Vegetarian Endorsed

AVERAGE % DAILY VALUE

Vitamin A.....	35%
Vitamin C.....	40%
Calcium.....	30%
Iron.....	25%
Vitamin D.....	30%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	35%
Riboflavin.....	35%
Niacin.....	30%
Vitamin B6.....	35%
Folate.....	30%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	25%
Phosphorus.....	20%
Iodine.....	25%
Magnesium.....	20%
Zinc.....	25%
Selenium.....	20%
Copper.....	30%
Manganese.....	40%
Chromium.....	30%
Molybdenum.....	55%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Quick cook beans (red beans and navy beans), dehydrated vegetables (green peas, potatoes, carrots, tomato, cabbage, green beans, celery, onion, spinach), tomato powder, yeast extract, pasta (durum wheat semolina), textured soy protein, modified potato starch, soy protein isolate, calcium carbonate, chicory root extract (inulin), maltodextrin, potassium chloride, hydrolyzed corn and wheat gluten, salt, magnesium oxide, dl-methionine, potassium citrate, fructose, garlic powder, corn starch, ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamine mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin

Medifast® Chicken Noodle Soup

Chicken Noodle

6960

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	350 mg	15%
Potassium	600 mg	17%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	2 g	
Protein	9 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 29.5 g

Servings per Container: 7

This Product is:

- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Also Formulated for Diabetics
- ✓ Not Vegetarian Endorsed

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	50%
Vitamin C.....	30%
Calcium.....	30%
Iron.....	25%
Vitamin D.....	25%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	10%
Iodine.....	25%
Magnesium.....	8%
Zinc.....	25%
Selenium.....	20%
Copper.....	25%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	55%

Ingredients

Textured soy protein concentrate, enriched egg noodles, maltodextrin, cellulose, dextrose, dehydrated carrots, salt, soy protein isolate, calcium carbonate, potassium citrate, potassium chloride, hydrolyzed corn gluten, autolyzed yeast, onion, xanthan gum, dehydrated celery, silicon dioxide (anti-caking agent), L-cysteine hydrochloride, garlic, spice, natural flavors, turmeric extract, disodium inosinate and guanylate, ascorbic acid, ferric orthophosphate, vitamin E acetate, vitamin A palmitate, niacinamide, zinc oxide, d-calcium pantothenate, manganese sulfate, copper sulfate, vitamin D3, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, phytonadione, cyanocobalamin (vitamin B12)

Medifast® Chicken & Wild Rice Soup

Chicken & Wild Rice

6965

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	15 mg	5%
Sodium	330 mg	14%
Potassium	400 mg	11%
Total Carbohydrate	12 g	4%
Dietary Fiber	3 g	12%
Sugars	1 g	
Protein	11 g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 31.1 g

Servings per Container: 7

This Product is:

- ✓ Lactose Free
 - ✓ Caffeine Free
 - ✓ Not Vegetarian
- Endorsed

AVERAGE % DAILY VALUE

Vitamin A.....	50%
Vitamin C.....	30%
Calcium.....	30%
Iron.....	25%
Vitamin D.....	25%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	10%
Iodine.....	25%
Magnesium.....	2%
Zinc.....	25%
Selenium.....	20%
Copper.....	25%
Manganese.....	40%
Chromium.....	25%
Molybdenum.....	55%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Cooked freeze dried chicken white meat, dehydrated vegetables (carrots, green peas, shiitake mushrooms, celery, onion, parsley), parboiled white rice, precooked wild rice, chicory root extract (inulin), soy protein isolate, maltodextrin, natural flavors, hydrolyzed corn gluten, calcium carbonate, potassium citrate, potassium chloride, xanthan gum, calcium phosphate, salt, autolyzed yeast, l-cystein hydrochloride, spice, garlic powder, ascorbic acid, ferric orthophosphate, vitamin E acetate, vitamin A palmitate, niacinamide, zinc oxide, d-calcium pantothenate, manganese sulfate, copper sulfate, vitamin D3, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, phytonadione, cyanocobalamin (vitamin B12).

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	90 mg	4%
Potassium	500 mg	14%
Total Carbohydrate	10 g	4%
Dietary Fiber	4 g	16%
Sugars	5 g	
Protein	15 g	

Calories per Serving: 90

Calories from Fat: 0

Serving Size: 30.0 g

Servings per Container: 7

This Product is:

- ✓ Caffeine Free
- ✓ Lactose Free
- ✓ Also Formulated For Diabetics
- ✓ Contains Whey
- ✓ Soy Free

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	100%
Calcium.....	25%
Iron.....	20%
Vitamin D.....	20%
Vitamin E.....	100%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	30%
Vitamin B6.....	30%
Folate.....	30%
Vitamin B12.....	30%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	20%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	20%
Chromium.....	20%
Molybdenum.....	20%

Ingredients

Whey protein isolate, fructose, chicory root extract (inulin), dipotassium phosphate, citric acid, calcium citrate, guar gum, calcium carbonate, malic acid, magnesium oxide, maltodextrin, cranberry juice solids, ascorbic acid, sucrose, vitamin E acetate, acesulfame potassium (non nutritive sweetener), tricalcium phosphate (anti-caking agent), ferric orthophosphate, natural flavor, niacinamide, zinc oxide, d-calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, FD&C yellow #6, chromium polynicotinate, folic acid, biotin, potassium iodide, sodium molybdate, sodium selenite, phytonadione, cholecalciferol, cyanocobalamin

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	90 mg	4%
Potassium	500 mg	14%
Total Carbohydrate	10 g	4%
Dietary Fiber	4 g	16%
Sugars	5 g	
Protein	15 g	

Calories per Serving: 90

Calories from Fat: 0

Serving Size: 30.5 g

Servings per Container: 7

This Product is:

- ✓ Caffeine Free
- ✓ Lactose Free
- ✓ Also Formulated For Diabetics
- ✓ Contains Whey
- ✓ Soy Free

AVERAGE % DAILY VALUE

Vitamin A.....	20%
Vitamin C.....	100%
Calcium.....	25%
Iron.....	20%
Vitamin D.....	20%
Vitamin E.....	100%
Vitamin K.....	20%
Thiamin (B1).....	30%
Riboflavin.....	30%
Niacin.....	30%
Vitamin B6.....	30%
Folate.....	30%
Vitamin B12.....	30%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus.....	20%
Iodine.....	20%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	20%
Manganese.....	20%
Chromium.....	20%
Molybdenum.....	20%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Whey protein isolate, fructose, chicory root extract (inulin), dipotassium phosphate, citric acid, calcium citrate, maltodextrin, lemon juice solids, calcium carbonate, magnesium oxide, malic acid ascorbic acid, vitamin E acetate, acesulfame potassium (non-nutritive sweetener), natural and artificial flavors, carmine (for color), tricalcium phosphate (anti-caking agent), ferric orthophosphate, FD&C red #40, niacinamide, zinc oxide, d-calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, folic acid, biotin, potassium iodide, sodium molybdate, sodium selenite, phytonadione, cholecalciferol, cyanocobalamin

Nutrition Facts

		<u>MIX PREPARED AS NON-FAT DRESSING</u>	<u>MIX PREPARED AS LOW-FAT DRESSING</u>
Calories		20	50
Calories from Fat		0	30
		<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	*0 g	0%	5%
Saturated Fat	0 g	0%	0%
Cholesterol	0 mg	0%	0%
Sodium	90 mg	4%	4%
Potassium	140 mg	4%	4%
Total Carbohydrate	5 g	2%	2%
Dietary Fiber	0 g	0%	0%
Sugars	1 g		
Protein	0 g		
		<u>AVERAGE % DAILY VALUE</u>	<u>AVERAGE % DAILY VALUE</u>

Vitamin A.....	0%	0%
Vitamin C.....	0%	0%
Calcium.....	0%	0%
Iron.....	0%	0%

* Amount in Non-Fat Dressing. Low-Fat Dressing contributes an additional 3.5 g Total Fat and 30 calories from added fat.

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

This Product is:
 ✓ Soy Free
 ✓ Lactose Free
 ✓ Caffeine Free

Serving Size: 6.1 g (½ packet)
 Servings per Container: 28

Ingredients
 Honey powder (maltodextrin, honey), mustard, carrageenan, salt, potassium chloride, fructose, titanium dioxide (for color), xanthan gum, citric acid, brown mustard, microcrystalline cellulose, food starch, vinegar solids, garlic powder, silicon dioxide (processing aid), onion powder, gum arabic, spices, guar gum, white wine solids, turmeric, <1 ppm sulfiting agents

Nutrition Facts

		<u>MIX PREPARED AS NON-FAT DRESSING</u>	<u>MIX PREPARED AS LOW-FAT DRESSING</u>
Calories		15	45
Calories from Fat		0	30
	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	*0 g	0%	5%
Saturated Fat	0 g	0%	0%
Cholesterol	0 mg	0%	0%
Sodium	120 mg	5%	5%
Potassium	190 mg	5%	5%
Total Carbohydrate	3 g	1%	1%
Dietary Fiber	0 g	0%	0%
Sugars	2 g		
Protein	1 g		
		<u>AVERAGE % DAILY VALUE</u>	<u>AVERAGE % DAILY VALUE</u>

Vitamin A.....	0%	0%
Vitamin C.....	0%	0%
Calcium.....	4%	4%
Iron.....	0%	0%

* Amount in Non-Fat Dressing. Low-Fat Dressing contributes an additional 3.5 g Total Fat and 30 calories from added fat.

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

This Product is:
 ✓ Soy Free
 ✓ Caffeine Free
 ✓ Also Formulated for Diabetics

Serving Size: 5.3 g (½ packet)
 Servings per Container: 28

Ingredients
 Buttermilk powder, nonfat dry milk, microcrystalline cellulose, food starch, salt, potassium chloride, titanium dioxide (for color), citric acid, carrageenan, xanthan gum, guar gum, gum arabic, whey, natural flavor, onion powder, garlic powder, maltodextrin, parsley

Nutrition Facts

		<u>MIX PREPARED AS NON-FAT DRESSING</u>	<u>MIX PREPARED AS LOW-FAT DRESSING</u>
Calories		20	50
Calories from Fat		5	35
	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	*0.5 g	1%	6%
Saturated Fat	0 g	0%	0%
Cholesterol	5 mg	1%	1%
Sodium	100 mg	4%	4%
Potassium	120 mg	3%	3%
Total Carbohydrate	3 g	1%	1%
Dietary Fiber	0 g	0%	0%
Sugars	0 g		
Protein	1 g		
		<u>AVERAGE % DAILY VALUE</u>	<u>AVERAGE % DAILY VALUE</u>

Vitamin A.....	0%	0%
Vitamin C.....	0%	0%
Calcium.....	2%	2%
Iron.....	0%	0%

** Amount in Non-Fat Dressing. Low-Fat Dressing contributes an additional 3.5 g Total Fat and 30 calories from added fat.*

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

This Product is:
 ✓ Soy Free
 ✓ Caffeine Free
 ✓ Lactose Free
 ✓ Also Formulated for Diabetics

Serving Size: 5.0 g
 (2 svgs/packet)
 Servings per Container: 28

Ingredients
 Maltodextrin, parmesan cheese (part skim milk, cheese, salt, enzymes, xanthum gum, potassium chloride, salt, corn syrup solids, spice, buttermilk solids, dried egg yolk, garlic powder, mustard flavor, sugar, natural flavor, sodium phosphate, dried anchovies, dried vinegar, lemon juice solids, tricalcium phosphate (anticaking agent))

Nutrition Facts

		<u>MIX PREPARED AS NON-FAT DRESSING</u>	<u>MIX PREPARED AS LOW-FAT DRESSING</u>
Calories		15	45
Calories from Fat		0	30
		<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	*0 g	0%	5%
Saturated Fat	0 g	0%	0%
Cholesterol	0 mg	0%	1%
Sodium	210 mg	9%	4%
Potassium	250 mg	7%	3%
Total Carbohydrate	3 g	1%	1%
Dietary Fiber	0 g	0%	0%
Sugars	2 g		
Protein	1 g		
		<u>AVERAGE % DAILY VALUE</u>	<u>AVERAGE % DAILY VALUE</u>
Vitamin A.....		4%	4%
Vitamin C.....		4%	4%
Calcium.....		4%	4%
Iron.....		0%	0%

* Amount in Non-Fat Dressing. Low-Fat Dressing contributes an additional 3.5 g Total Fat and 30 calories from added fat.

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

This Product is:
 ✓ Soy Free
 ✓ Caffeine Free
 ✓ Kosher Dairy
 ✓ Also Formulated for Diabetics

Serving Size: 5.0 g
 (2 svgs/packet)
 Servings per Container: 28

Ingredients
 Non-fat dried milk, dehydrated vegetables (red and green bell peppers, carrots, onion), salt, potassium chloride, garlic powder, citric acid, xanthum gum, sugar, spice and herbs, turmeric (for color)

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	65 mg	3%
Potassium	60 mg	2%
Total Carbohydrate	12 g	4%
Dietary Fiber	1 g	4%
Sugars	1 g	
Protein	1 g	

Calories per Serving: 50

Calories from Fat: 0

Serving Size: 14 g

Servings per Container: 7

This Product is:

- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Soy Free
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	0%
Vitamin C.....	0%
Calcium	0%
Iron.....	2%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Unbleached wheat flour, cracked wheat, wheat germ, sesame seeds, brown sugar, rolled oats, yeast, rye meal

Medifast® Crackers

Garden Vegetable

5724

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	90 mg	4%
Potassium	30 mg	1%
Total Carbohydrate	12 g	4%
Dietary Fiber	0 g	0%
Sugars	1 g	
Protein	2 g	

Calories per Serving: 60

Calories from Fat: 0

Serving Size: 14 g

Servings per Container: 7

This Product is:

- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Soy Free
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	2%
Vitamin C.....	2%
Calcium	0%
Iron.....	0%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Unbleached wheat flour, garden vegetable blend (carrots, onion, celery, and bell peppers), brown sugar, salt, yeast, soy lecithin, turmeric

Medifast® Fast Soup

Delicate Chicken

5410

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	240 mg	10%
Potassium	390 mg	11%
Total Carbohydrate	5 g	2%
Dietary Fiber	2 g	8%
Sugars	1 g	
Protein	2 g	

	<u>AVERAGE % DAILY VALUE</u>
Vitamin A.....	6%
Vitamin C.....	1%
Calcium.....	0%
Iron.....	0%

Calories per Serving: 20

Calories from Fat: 0

Serving Size: 8.3 g

Servings per Container: 14

This Product is:

- ✓ Lactose Free
- ✓ Soy Free
- ✓ Caffeine Free
- ✓ Not Vegetarian Endorsed

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Maltodextrin, cellulose, dextrose, dehydrated carrots, salt, potassium chloride, hydrolyzed corn gluten, autolyzed yeast, onion, xanthum gum, dehydrated celery, silicon dioxide (anti-caking agent), l-cysteine hydrochloride, garlic, spice, natural flavor, turmeric extract, disodium inosinate, guanylate

Medifast® Fast Soup

Robust Tomato

5420

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	190 mg	8%
Potassium	410 mg	12%
Total Carbohydrate	7 g	2%
Dietary Fiber	3 g	12%
Sugars	1 g	
Protein	1 g	

Calories per Serving: 30

Calories from Fat: 0

Serving Size: 11.4 g

Servings per Container: 14

This Product is:

- ✓ Lactose Free
- ✓ Soy Free
- ✓ Caffeine Free
- ✓ Kosher Parve

AVERAGE % DAILY VALUE

Vitamin A.....	10%
Vitamin C.....	10%
Calcium	0%
Iron.....	3%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Tomato powder, cellulose, dehydrated carrots, hydrolyzed corn gluten, salt, potassium chloride, xanthum gum, onion, dehydrated celery, citric acid, silicon dioxide (anti-caking agent), fructose, spice and garlic

Medifast® Fast Soup

Savory Beef

5710

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	400 mg	11%
Potassium	270 mg	8%
Total Carbohydrate	4 g	1%
Dietary Fiber	0 g	0%
Sugars	1 g	
Protein	2 g	

	<u>AVERAGE % DAILY VALUE</u>
Vitamin A.....	2%
Vitamin C.....	1%
Calcium.....	0%
Iron.....	0%

Calories per Serving: 25

Calories from Fat: 0

Serving Size: 7.3 g

Servings per Container: 14

This Product is:

- ✓ Lactose Free
- ✓ Soy Free
- ✓ Caffeine Free
- ✓ Not Vegetarian Endorsed

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Maltodextrin, autolyzed yeast extract, hydrolyzed corn gluten, soy protein and wheat gluten, potassium chloride, potassium citrate, fructose, dehydrated carrot, dehydrated onion, soy sauce (soy beans, wheat, salt), partially hydrogenated cottonseed and soy oils, natural flavors, modified corn starch, salt, dextrose, dehydrated garlic, silicon dioxide (anti-caking agent), xanthum gum, dehydrated leek, beef extract, caramel color, spice

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	2.5 g	4%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	90 mg	30%
Sodium	350 mg	15%
Potassium	0 mg	10%
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	24 g	

Calories per Serving: 120

Calories from Fat: 25

Serving Size: 29 g

Servings per Container: 2

This Product is:

- ✓ Soy Free
- ✓ Caffeine Free
- ✓ Low Lactose
- ✓ Contains Whey

AVERAGE % DAILY VALUE

Vitamin A.....	0%
Vitamin C.....	0%
Calcium	0%
Iron.....	8%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Boneless skinless chicken breast with rib meat, chicken broth, seasoning (modified food starch, nonfat dry milk), salt, seasoning (chicken flavor, salt, maltodextrin, reduced lactose, whey, chicken stock, flavor), sodium phosphates, black pepper, paprika, onion powder, garlic, citric acid.

Essential 1[®] Meals

Grilled Beef Patties

7281

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	3 g	5%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	45 mg	15%
Sodium	280 mg	12%
Potassium	200 mg	6%
Total Carbohydrate	2 g	1%
Dietary Fiber	2 g	8%
Sugars	1 g	
Protein	14 g	

Calories per Serving: 90

Calories from Fat: 25

Serving Size: 20 g

Servings per Container: 2

This Product is:

- ✓ Soy Free
- ✓ Lactose Free
- ✓ Caffeine Free

AVERAGE % DAILY VALUE

Vitamin A.....	2%
Vitamin C.....	0%
Calcium	0%
Iron.....	15%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Beef, corn syrup solids, canola oil, salt, spice.

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	3 g	5%
Saturated Fat	0.5 g	3%
Cholesterol	15 mg	5%
Sodium	390 mg	16%
Potassium	180 mg	5%
Total Carbohydrate	6 g	2%
Dietary Fiber	<1 g	3%
Sugars	2 g	
Protein	10 g	

Calories per Serving: 90

Calories from Fat: 30

Serving Size: 85 g

Servings per Container: 1

This Product is:

- ✓ Ready to Eat
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Also Formulated for Diabetics

AVERAGE % DAILY VALUE

Vitamin A.....	2%
Vitamin C.....	10%
Calcium.....	2%
Iron.....	4%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Water, tuna (light tuna, water, salt), lite mayonnaise (water, soybean oil, eggs, modified food starch, vinegar, egg yolk, salt, lemon juice, sodium benzoate and potassium sorbate, calcium disodium EDTA, paprika), lemon juice, relish (cucumbers, corn syrup, vinegar, salt, spices, natural flavors, xanthan gum, benzoate of soda, onions, calcium chloride, red bell peppers, turmeric) red bell peppers, textured soy protein concentrate, isolated soy protein, water chestnuts, modified corn starch, evaporated cane juice, dehydrated onion, dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), salt, titanium dioxide, black pepper, citric acid.

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	3 g	5%
Saturated Fat	1 g	5%
Cholesterol	20 mg	7%
Sodium	360 mg	15%
Potassium	200 mg	6%
Total Carbohydrate	7 g	2%
Dietary Fiber	1 g	4%
Sugars	2 g	
Protein	10 g	

Calories per Serving: 100

Calories from Fat: 30

Serving Size: 85 g

Servings per Container: 1

This Product is:

- ✓ Ready to Eat
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Also Formulated for Diabetics


AVERAGE % DAILY VALUE

Vitamin A.....	2%
Vitamin C.....	6%
Calcium	2%
Iron.....	6%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Water, cooked chicken, celery, lite mayonnaise (water, soybean oil, eggs, modified food starch, vinegar, egg yolk, salt, lemon juice, sodium benzoate and potassium sorbate, calcium disodium EDTA, paprika), water chestnuts, relish (cucumbers, corn syrup, vinegar, salt, spices, natural flavors, xanthan gum, benzoate of soda, onions, calcium chloride, red bell peppers, turmeric), red bell peppers, textured soy protein concentrate, modified corn starch, lemon juice, defatted soy flour, evaporated cane juice, onion, vegetable flavor (yeast extract, sugar, salt, corn syrup solids, natural flavors, onion, wheat maltodextrin, carrots, soy sauce [soybeans, wheat, salt], dextrose, garlic, spice), salt, titanium dioxide, natural flavor, citric acid, spices.

		Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Potassium	Total Carb.	Dietary Fiber	Sugars	Protein	Calcium	Vitamins & Minerals
#	grams	grams	grams	mg	mg	mg	mg	grams	grams	grams	grams	mg	% daily value
Medifast 55													
	90	1	0	0	0	250	440	13	4	8	11	250	20-55
	90	0	0	0	0	250	420	13	3	9	11	250	20-55
	90	0	0	0	0	250	420	13	3	9	11	250	20-55
	90	0	0	0	0	250	420	13	3	9	11	250	20-55
	90	1	0	0	0	250	440	14	3	9	11	250	20-55
	90	0	0	0	0	250	420	13	3	9	11	250	20-55
	90	0	0	0	0	250	420	13	3	9	11	250	20-55
Medifast 55 Ready-to-Drink Shakes													
	90	1	0	0	0	200	460	12	3	6	11	350	15-50
	90	1	0	0	0	200	380	12	3	6	11	350	15-50
Medifast 70													
	100	1	0	0	0	250	440	13	4	8	14	350	20-50
	100	1	0	0	0	250	400	13	3	9	14	350	20-50
	100	1	0	0	0	260	400	13	3	9	14	350	20-50
	100	1	0	0	0	260	400	13	3	9	14	350	20-50
	100	1	0	0	0	250	410	14	3	9	14	350	20-50
	100	1	0	0	0	250	400	13	3	9	14	350	20-50
Medifast Plus for Appetite Suppression													
	90	1	0	0	0	270	400	11	4	6	14	300	20-50
	90	1	0	0	0	270	400	11	4	6	14	300	20-50
Medifast Plus for Diabetics*													
	90	1	0	0	0	260	400	9	4	5	14	300	20-50
	90	1	0	0	0	270	400	9	3	5	14	300	20-50
	90	1	0	0	0	270	400	9	3	5	14	300	20-50
Medifast Plus for Joint Health													
	90	1	0	0	0	270	400	10	3	6	14	300	20-60
	90	1	0	0	0	270	400	10	3	6	14	300	20-60
Medifast Plus for Women's Health													
	110	1	0	0	0	190	500	15	4	10	14	500	6-250
	110	1	0	0	0	190	480	15	4	10	14	500	6-250

Items marked with a * are supplements which are also formulated for use in the Medifast Plus for Diabetics program.

 Product Profile		Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Potassium	Total Carb.	Dietary Fiber	Sugars	Protein	Calcium	Vitamins & Minerals
		#	grams	grams	mg	mg	mg	grams	grams	grams	grams	grams	mg

Medifast Plus for Coronary Health

Chocolate	90	1	0	0	0	190	420	10	3	6	14	400	5-250
Strawberry	90	1	0	0	0	190	420	10	3	6	14	400	5-250

Take Shape Weight Maintenance

Outrageous Chocolate	180	2.5	0.5	0	0	190	500	31	5	20	12	500	35-150
Luscious Vanilla	180	2	0.5	0	0	190	500	33	5	20	12	500	35-150
Strawberry Passion	180	2	0.5	0	0	190	500	33	5	20	12	500	35-150

Take Shape Men's Bio-Engineered Food

Chocolate	270	1	0	<5	250	1000	1000	34	3	2	43	600	18-190
Vanilla	260	0	0	<5	260	1000	1000	24	3	2	41	600	18-190

Take Shape Women's Sports Drink

Chocolate	200	1	0	0	0	200	520	40	5	2	14	500	8-250
Strawberry	200	1	0	0	0	210	450	38	5	2	15	500	8-250

Supplement Bars

Chocolate Divine	160	4	2.5	0	0	160	340	21	2	16	10	350	20-65
Chocolate Mint	160	4	2.5	0	0	160	340	21	2	12	10	350	20-60
Peanut Butter	160	4	2.5	0	0	160	340	20	2	15	10	350	20-65
Lemon Fantasy	160	4	2	0	0	160	340	20	2	11	10	350	20-70
Oatmeal Raisin	160	3.5	2	0	0	160	340	22	2	16	10	350	20-60
Caramel Nut	170	5	3	0	0	160	380	22	2	12	10	300	15-60
Fruit & Nut Granola	160	3	0.5	0	0	150	300	24	1	10	10	300	15-50
S'more Granola	160	3	1	0	0	150	280	24	1	10	10	250	15-50


Diabetic Bars*

Chocolate Crunch	130	3.5	2.5	0	0	160	330	21	4	1	10	350	10-70
Peanut Butter Crunch	140	4.5	2.5	0	0	160	310	22	4	1	10	350	20-60

Creamy Soups

Cream of Broccoli*	110	2	0.5	10	400	400	400	10	1	5	15	250	20-60
Cream of Chicken*	110	2	0.5	10	370	350	350	9	1	5	14	250	20-60
Cream of Tomato	110	1	0	9	250	450	450	13	2	6	14	250	20-60

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 Product Profile		Calories		Total Fat	Sat. Fat	Cholesterol	Sodium	Potassium	Total Carb.	Dietary Fiber	Sugars	Protein	Calcium	Vitamins & Minerals
		#	grams	grams	grams	mg	mg	grams	grams	grams	grams	grams	mg	% daily value
Hearty Oatmeal*														
	110	2	0	0	130	300	14	4	1	10	250	20-50		
	110	2	0	0	130	300	16	4	1	10	250	15-55		
	110	2	0	0	130	300	16	4	1	10	250	15-55		
Fruit Drinks*														
	90	0	0	0	90	500	10	4	5	15	250	20-100		
	90	0	0	0	90	500	10	4	5	15	250	20-100		
Iced Tea														
	90	0	0	0	120	500	12	4	8	14	300	3-100		
	90	0	0	0	80	500	12	4	8	14	250	3-100		
Pudding														
	110	1	0	0	90	480	15	4	9	14	350	6-100		
	110	0.5	0	0	90	365	15	4	9	14	350	6-60		
Other Foods														
	110	1	0	0	290	500	19	4	2	9	300	20-100		
	90	1	0	0	350	600	13	4	2	9	300	20-50		
	100	1	0	15	330	400	12	3	1	11	300	2-55		
	110	1	0	0	240	500	16	4	1	11	250	8-50		
	100	0.5	0	3	140	330	14	3	10	14	250	6-60		
	100	0.5	0	5	140	330	14	3	10	14	250	6-60		
	110	1	0	5	150	400	14	4	10	14	250	15-55		
	110	1	0	5	150	400	15	4	10	14	250	15-55		
Dressings														
	20	0.5	0	5	100	120	3	0	0	1	20	0-2		
	15	0	0	0	210	250	3	0	2	1	40	0-4		
	20	0	0	0	90	140	5	0	1	0	0	0		
	15	0	0	0	120	190	3	0	2	1	40	0-4		
Fast Soups														
	20	0	0	0	240	390	5	2	1	2	0	0-6		
	30	0	0	0	190	410	7	3	1	1	0	0-10		
	25	0	0	0	400	270	4	0	1	2	0	0-2		

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Product Profile

	Calories		Total Fat	Sat. Fat	Cholesterol	Sodium	Potassium	Total Carb.	Dietary Fiber	Sugars	Protein	Calcium	Vitamins & Minerals
	#	grams	grams	grams	mg	mg	mg	grams	grams	grams	grams	mg	% daily value
Crackers													
Multi-grain	50	0	0	0	0	65	60	12	1	1	1	0	0-2
Garden Vegetable	60	0	0	0	0	90	30	12	0	1	2	0	0-2
Essential 1 Meals													
Grilled Chicken Breasts	120	2.5	1	1	90	350	0	0	0	0	24	0	0-8
Grilled Beef Patties	90	3	1	1	45	280	200	2	2	1	14	0	0-15
Tuna Salad	90	3	0.5	0	15	390	180	6	<1	2	10	20	2-10
Chicken Salad	100	3	1	1	20	360	200	7	1	2	10	20	2-6
Fiti Shakes													
Chocolate	90	1	0	0	0	250	440	13	4	8	11	250	20-55
Vanilla	90	0	0	0	0	250	420	13	3	9	11	250	20-55
Creamsicle	90	0	0	0	0	250	420	13	3	9	11	250	20-55
Chocolate Ready-to-Drink	90	1	0	0	0	200	440	12	3	6	11	350	20-50
Fiti Bars													
Chocolate	160	4	2.5	0	0	160	340	21	2	16	10	350	20-65
Chocolate Mint	160	4	2.5	0	0	160	400	21	2	12	10	350	20-60
Oatmeal Raisin	160	3.5	2	0	0	160	400	22	2	16	10	350	20-60
Peanut Butter	160	4.5	2.5	0	0	160	340	20	2	15	10	350	20-65
Fiti Foods													
Chicken Noodle Soup	90	1	0	0	0	350	600	13	4	2	9	300	20-50
Hot Cocoa w/ Marshmallows	110	1	0	5	150	400	400	15	4	10	14	250	15-55
Chocolate Pudding	110	1	0	0	0	90	480	15	4	9	14	350	6-100
Vanilla Berry Oatmeal	110	2	0	0	0	130	300	16	4	1	10	250	20-55

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