

Medifast® Plus for Appetite Suppression

Chocolate

70900

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	210 mg	9%
Potassium	400 mg	11%
Total Carbohydrate	12 g	4%
Dietary Fiber	4 g	16%
Sugars	6 g	
Protein	15g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 31.5 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Also Formulated for Diabetics
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ 2.2 mg Caffeine
- ✓ Heart Healthy
Contains 9.5 g soy protein

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.....	30%
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	30%
Manganese	45%
Chromium	30%
Molybdenum	60%
Chloride.....	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.

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

Ingredients

Soy protein isolate, milk protein isolate, fructose, cocoa (processed with alkali), apple fiber, sweet dairy whey, lactobacillus acidophilus, chicory root extract (inulin), guar gum, calcium phosphate, Super Citrimax® (garcinia cambogia extract), maltodextrin, potassium chloride, apple pectin, salt, dl-methionine, magnesium oxide, natural & artificial flavors, acesulfame potassium (non-nutritive sweetener), modified food 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.

Contains: milk and soy. Manufactured in a facility that uses egg, shellfish, and wheat

Medifast® Plus for Appetite Suppression

Vanilla

71000

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	210 mg	9%
Potassium	400 mg	11%
Total Carbohydrate	12 g	4%
Dietary Fiber	4 g	16%
Sugars	6 g	
Protein	15g	

Calories per Serving: 100

Calories from Fat: 5

Serving Size: 31.3 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Also Formulated for Diabetics
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ Caffeine Free
- ✓ Heart Healthy
Contains 9.9 g soy protein

AVERAGE % DAILY VALUE

Vitamin A	30%
Vitamin C	35%
Calcium.....	30%
Iron	30%
Vitamin D	30%
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	30%
Magnesium	20%
Zinc	20%
Selenium	20%
Copper	25%
Manganese	45%
Chromium	30%
Molybdenum	60%
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.

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, guar gum, calcium phosphate, potassium chloride, Super Citrimax® (garcinia cambogia extract), titanium dioxide, maltodextrin, apple pectin, salt, magnesium oxide, natural & artificial flavors, dl-methionine, modified food starch, acesulfame potassium (non-nutritive sweetener), soy lecithin, corn syrup solids, 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, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin.

Contains: milk, fish and soy. Manufactured in a facility that uses egg, shellfish and wheat

Medifast® Fortified Drinks

Cranberry Mango

66570

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
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:

- ✓ Also Formulated For Diabetics
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Lactose Free
- ✓ Caffeine 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, 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

Contains: Milk

Manufactured in a facility that uses eggs, fish, shellfish, wheat and soy.

Medifast® Pro Tea
Peach

66500

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
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:

- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Lactose Free
- ✓ Caffeine Free

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

Contains: Milk

Manufactured in a facility that uses eggs, fish, shellfish, wheat and soy.

Medifast® Pro Tea
Raspberry

66550

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
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:

- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Lactose Free
- ✓ Caffeine 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%
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.

Contains: Milk. Manufactured in a facility that uses eggs, fish, shellfish, wheat and soy.

Medifast® Fortified Drinks

Tropical Punch

66560

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
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:

- ✓ Also Formulated for Diabetics
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Lactose Free
- ✓ Caffeine 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

Contains: Milk

Manufactured in a facility that uses eggs, fish, shellfish, wheat and soy.

Medifast® Plus for Coronary Health

Chocolate

7220

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	220 mg	9%
Potassium	450 mg	13%
Total Carbohydrate	11 g	4%
Dietary Fiber	3 g	12%
Sugars	6 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 33.6 g

Servings per Container: 7

This Product is:

- ✓ Non-Kosher
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Low Lactose
 - ✓ 2.2mg Caffeine
 - ✓ Heart Healthy
- Contains 9 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	50%
65% as Beta-Carotene	
Vitamin C	250%
Calcium	40%
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	45%
Iodine	50%
Magnesium	70%
Zinc	50%
Selenium	35%
Copper	50%
Manganese	70%
Chromium	160%
Molybdenum	60%
Chloride	4%

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

Soy protein isolate, fructose, hydrolyzed whey protein, vitamin & mineral premix (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), sweet dairy whey, lactobacillus acidophilus, calcium phosphate, guar gum, maltodextrin, potassium chloride, salt, acesulfame potassium (non-nutritive sweetener), xanthan gum, dl-methionine, magnesium oxide, glycerine, natural & artificial flavorings, modified food starch, corn syrup solids, soy lecithin, silicon dioxide.

Contains: milk, wheat and soy. Manufactured in a facility that uses egg, fish and shellfish

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%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	220 mg	9%
Potassium	460 mg	13%
Total Carbohydrate	11 g	4%
Dietary Fiber	3 g	12%
Sugars	6 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 32.9 g

Servings per Container: 7

This Product is:

- ✓ Non-Kosher
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ CaffeineFree
- ✓ Heart Healthy
- Contains 9 g soy protein

AVERAGE % DAILY VALUE

Vitamin A.....	50%
65% as Beta-Carotene	
Vitamin C.....	250%
Calcium.....	40%
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.....	45%
Iodine.....	50%
Magnesium.....	70%
Zinc.....	50%
Selenium.....	35%
Copper.....	50%
Manganese.....	50%
Chromium.....	160%
Molybdenum.....	60%
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.

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

Soy protein isolate, fructose, hydrolyzed whey protein, vitamin & mineral premix (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), sweet dairy whey, lactobacillus acidophilus, guar gum, calcium phosphate, potassium chloride, maltodextrin, salt acesulfame potassium (non-nutritive sweetener), glycerine, modified food starch, glycerol triacetate, xanthan gum, dl-methionine, magnesium oxide, silicon dioxide, soy lecithin, natural & artificial flavors, red #40.

Contains: milk, wheat and soy. Manufactured in a facility that uses egg, fish and shellfish

Medifast® Plus for Women's Health

Chocolate

71100

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	490 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:

- ✓ Non-Kosher
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Lactose Free
 - ✓ 2.2mg Caffeine
 - ✓ Heart Healthy
- Contains 10 g soy protein*

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

Soy protein isolate, fructose, vitamin & mineral premix (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), egg white solids, gum arabic, cocoa (processed with alkali), milk protein isolate, guar gum, sweet dairy whey, calcium phosphate, microcrystalline cellulose, potassium chloride, maltodextrin, Super Citrimax® (garcinia cambogia extract), corn syrup solids, partially hydrogenated canola oil, glycerine, silicon dioxide, modified food starch, natural & artificial flavors, soy lecithin, acesulfame potassium (non-nutritive sweetener), vitex agnus castus, echinacea purpurea extract, black cohosh extract, sodium caseinate, dipotassium phosphate.

Contains: milk, egg, wheat and soy. Manufactured in a facility that uses fish and shellfish.

Medifast® Plus for Women's Health

Vanilla

71200

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	170 mg	7%
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

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	70%
Chloride	10%

- 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
Echinacea Purpurea	10 mg

Ingredients

Soy protein isolate, fructose, vitamin & mineral premix (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, egg white solids, milk protein isolate, guar gum, microcrystalline cellulose, sweet dairy whey, calcium phosphate, potassium chloride, corn syrup solids, partially hydrogenated canola oil, titanium dioxide, Super Citrimax® (garcinia cambogia extract), maltodextrin, glycerine, natural & artificial flavors, silicon dioxide, modified food starch, soy lecithin, acesulfame potassium (non-nutritive sweetener), sodium caseinate, dipotassium phosphate, vitex agnus castus, echinacea purpurea extract, black cohosh extract.

Contains milk, egg, wheat and soy. Manufactured in a facility that uses fish.

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	0 mg	0%
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:

- ✓ Caffeine-Free
- ✓ Non-Kosher
- ✓ Lactose Free
- ✓ Vegetarian Product

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, turmeric.

Contains: wheat. Manufactured in a facility that uses soy.

Medifast® Crackers
Multi-Grain

5723

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	0 mg	0%
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:

- ✓ Caffeine-Free
- ✓ Non-Kosher
- ✓ Lactose Free
- ✓ Vegetarian Product

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 and rye meal.

Contains: wheat. Manufactured in a facility that uses soy.

Medifast® Plus for Diabetics

Chocolate

69800

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	400 mg	11%
Total Carbohydrate	10 g	3%
Dietary Fiber	4 g	16%
Sugars	5 g	
Protein	14 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 28.5 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Also Formulated for Diabetics
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ 2.2 mg Caffeine
- ✓ Heart Healthy
Contains 8.5g soy protein
- ✓ Low Glycemic

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	30%
Iron	30%
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	25%
Iodine	30%
Magnesium	20%
Zinc	25%
Selenium	20%
Copper	30%
Manganese	45%
Chromium.....	30%
Molybdenum	60%
Chloride.....	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

Soy protein isolate, milk protein isolate, fructose, chicory root extract (inulin), cocoa powder, sweet dairy whey, guar gum, calcium phosphate, maltodextrin, potassium chloride, salt, dl-methionine, magnesium oxide, acesulfame potassium (non-nutritive sweetener), natural & artificial flavors, modified food starch, corn syrup solids, 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.

Contains milk and soy. Manufactured in a facility that processes shellfish and nut products.

Medifast® Plus for Diabetics

Strawberry

7000

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	250 mg	10%
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: 5

Serving Size: 27.3 g

Servings per Container: 7

This Product is:

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

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	30%
Iron	25%
Vitamin D	30%
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	45%
Chromium	30%
Molybdenum	60%
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, milk protein isolate, fructose, chicory root extract (inulin), sweet dairy whey, guar gum, calcium phosphate, potassium chloride, maltodextrin, microcrystalline cellulose, salt, dl-methionine, magnesium oxide, modified food starch, glycerol triacetate, acesulfame potassium (non-nutritive sweetener), soy lecithin, natural & artificial flavors, ascorbic acid, red #40, ferric orthophosphate, dicalcium phosphate, d-1 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.

Contains: milk and soy. Manufactured in a facility that uses egg, shellfish and wheat.

Medifast® Plus for Diabetics

Vanilla

69900

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	410 mg	12%
Total Carbohydrate	10 g	3%
Dietary Fiber	4 g	16%
Sugars	5 g	
Protein	14 g	

Calories per Serving: 90

Calories from Fat: 5

Serving Size: 28.1 g

Servings per Container: 7

This Product is:

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

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	30%
Iron	30%
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	25%
Iodine	30%
Magnesium	20%
Zinc	20%
Selenium	20%
Copper	25%
Manganese	45%
Chromium	30%
Molybdenum	60%
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, milk protein isolate, fructose, chicory root extract (inulin), sweet dairy whey, guar gum, calcium phosphate, potassium chloride, salt, maltodextrin, natural & artificial flavors, magnesium oxide, dl-methionine, acesulfame potassium (non-nutritive sweetener), modified food starch, lecithin, corn syrup solids, ascorbic acid, ferric orthophosphate, beta carotene, 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.

Contains: milk, fish and soy. Manufactured in a facility that uses egg, shellfish, wheat.

Medifast® Cappuccino

Cappuccino

57350

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	10 mg	3%
Sodium	125 mg	5%
Potassium	320 mg	9%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	8 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 0

Serving Size: 30.9 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ 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	25%
Vitamin C	35%
Calcium.....	25%
Iron	20%
Vitamin D	30%
Vitamin E.....	25%
Vitamin K	25%
Thiamin (B1)	35%
Riboflavin.....	35%
Niacin	25%
Vitamin B6.....	35%
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, chicory root extract (inulin), whey protein concentrate, calcium caseinate, sodium caseinate, 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 & 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.

Contains: Milk. Manufactured in a facility that uses egg, fish, shellfish, wheat and soy.

Medifast® Chai Latte

Chai Latte

57360

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	10 mg	3%
Sodium	125 mg	5%
Potassium	330 mg	9%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	8 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 0

Serving Size: 32.0 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ Caffeine Free

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	25%
Iron	25%
Vitamin D	30%
Vitamin E.....	25%
Vitamin K	25%
Thiamin (B1)	35%
Riboflavin.....	35%
Niacin	20%
Vitamin B6.....	35%
Folate	30%
Vitamin B12.....	25%
Biotin	20%
Pantothenic Acid.....	25%
Phosphorus	10%
Iodine	30%
Magnesium	15%
Zinc	25%
Selenium	20%
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, chicory root extract (inulin), whey protein concentrate, calcium caseinate, sodium caseinate, instant green tea, spices (ginger, cinnamon, clove, cardamom, nutmeg), potassium chloride, calcium carbonate, maltodextrin, potassium phosphate, natural & artificial flavors, modified food starch, salt, magnesium oxide, dl-methionine, acesulfame potassium (non-nutritive sweetener), 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.

Contains: Milk and soy. Manufactured in a facility that uses egg, fish, shellfish and wheat.

Medifast® Hot Cocoa
Hot Cocoa

57300

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	10 mg	3%
Sodium	130 mg	5%
Potassium	390 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
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ 2.6mg Caffeine

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	25%
Iron	25%
Vitamin D	30%
Vitamin E.....	20%
Vitamin K	20%
Thiamin (B1)	35%
Riboflavin.....	35%
Niacin	20%
Vitamin B6.....	35%
Folate	30%
Vitamin B12.....	25%
Biotin	20%
Pantothenic Acid.....	25%
Phosphorus	10%
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, milk protein isolate, calcium caseinate, whey protein concentrate, chicory root extract (inulin), sodium caseinate, cocoa (processed with alkali), potassium chloride, maltodextrin, calcium carbonate, potassium phosphate, salt, modified food starch, natural and artificial flavors, corn syrup solids, dl-methionine, magnesium oxide, 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.

Contains: Milk. Manufactured in a facility that uses egg, fish, shellfish, wheat and soy.

Medifast® Plus for Joint Health

Chocolate

70700

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	260 mg	11%
Potassium	410 mg	12%
Total Carbohydrate	12 g	4%
Dietary Fiber	4 g	16%
Sugars	6 g	
Protein	15 g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 31.9 g

Servings per Container: 7

This Product is:

- ✓ Non- Kosher
 - ✓ Contains Whey
 - ✓ Low Lactose
 - ✓ 2.2 mg Caffeine
 - ✓ Heart Healthy
- Contains 8.6 g soy protein*

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	30%
Iron	30%
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	25%
Iodine	30%
Magnesium	20%
Zinc	25%
Selenium	20%
Copper	30%
Manganese	45%
Chromium	30%
Molybdenum	60%
Chloride.....	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.

One Serving also contains:

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

Ingredients

Soy protein isolate, milk protein isolate, fructose, chicory root extract (inulin), cocoa powder, sweet dairy whey, lactobacillus acidophilus, guar gum, calcium phosphate, d-glucosamine hydrochloride, chondroitin, maltodextrin, potassium chloride, salt, dl-methionine, magnesium oxide, natural & artificial flavors, acesulfame potassium (non-nutritive sweetener), modified food starch, corn syrup solids, 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.

Contains: milk, fish and soy. Manufactured in a facility that uses egg, shellfish and wheat.

Medifast® Plus for Joint Health

Vanilla

7080

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	260 mg	11%
Potassium	410 mg	12%
Total Carbohydrate	11 g	4%
Dietary Fiber	3 g	12%
Sugars	6 g	
Protein	15 g	

Calories per Serving: 100

Calories from Fat: 5

Serving Size: 30.3 g

Servings per Container: 7

This Product is:

- ✓ Non-Kosher
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Lactose Free
 - ✓ Caffeine Free
 - ✓ Heart Healthy
- Contains 10 g soy protein*

AVERAGE % DAILY VALUE

Vitamin A.....	30%
Vitamin C.....	35%
Calcium.....	30%
Iron.....	30%
Vitamin D.....	30%
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.....	30%
Magnesium.....	20%
Zinc.....	20%
Selenium.....	20%
Copper.....	25%
Manganese.....	45%
Chromium.....	30%
Molybdenum.....	60%
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.

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, guar gum, calcium phosphate, potassium chloride, shark cartilage extract (chondroitin), d-glucosamine hydrochloride, maltodextrin, salt, magnesium oxide, natural & artificial flavors, dl-methionine, modified food starch, acesulfame potassium (non-nutritive sweetener), soy lecithin, corn syrup solids, 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, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin.

Contains: milk, egg, wheat and soy. Manufactured in a facility that uses fish and shellfish.

Medifast® Oatmeal
Apple Cinnamon

58000

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	140 mg	6%
Potassium	280 mg	8%
Total Carbohydrate	15 g	5%
Dietary Fiber	5 g	20%
Sugars	1 g	
Protein	11 g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 33.0 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Also Formulated for Diabetics
 - ✓ Vegetarian Product
 - ✓ Lactose Free
 - ✓ Caffeine Free
 - ✓ Heart Healthy
- Contains 8.1g soy protein*

AVERAGE % DAILY VALUE

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

Rollled oats, soy protein isolate, oat fiber, low moisture apples, calcium phosphate, spice, soy lecithin, salt, potassium chloride, maltodextrin, magnesium oxide, acesulfame potassium (non-nutritive sweetener), dl-methionine, modified food starch, natural & 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.

Contains: wheat and soy. Manufactured in a facility that uses eggs, milk, fish and shellfish.

Medifast® Oatmeal
Blueberry Oatmeal

58010

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	140 mg	6%
Potassium	280 mg	8%
Total Carbohydrate	15 g	5%
Dietary Fiber	5 g	20%
Sugars	1 g	
Protein	11 g	

Calories per Serving: 100

Calories from Fat: 15

Serving Size: 33.3 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Also Formulated for Diabetics
 - ✓ Vegetarian Product
 - ✓ Lactose Free
 - ✓ Caffeine Free
 - ✓ Heart Healthy
- Contains 8.1 g soy protein*

AVERAGE % DAILY VALUE

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

Rolled oats, soy protein isolate, oat fiber, wild blueberries, calcium phosphate, potassium chloride, salt, soy lecithin, acesulfame potassium (non-nutritive sweetener), maltodextrin, magnesium oxide, dl-methionine, modified food starch, triacetin, natural & artificial flavors, corn syrup solids, propylene glycol, 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.

Contains: wheat and soy. Manufactured in a facility that uses eggs, milk, fish and shellfish.

Medifast® Oatmeal
 Maple & Brown Sugar

58020

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	135 mg	6%
Potassium	280 mg	8%
Total Carbohydrate	15 g	5%
Dietary Fiber	5 g	20%
Sugars	1 g	
Protein	11 g	

Calories per Serving: 100

Calories from Fat: 15

Serving Size: 33.3 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Also Formulated for Diabetics
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Lactose Free
 - ✓ Caffeine Free
 - ✓ <10ppm Gluten
 - ✓ Heart Healthy
- Contains 7.8 g soy protein*

AVERAGE % DAILY VALUE

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

Rolled oats, soy protein isolate, oat fiber, brown sugar, calcium phosphate, modified food starch, soy lecithin, potassium chloride, salt, natural & artificial flavors, maltodextrin, acesulfame potassium (non-nutritive sweetener), magnesium oxide, dl-methionine, sucrose, propylene glycol, 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.

Contains: wheat and soy. Manufactured in a facility that uses eggs, milk, fish and shellfish.

Medifast® Oatmeal
Peach

58030

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	180 mg	8%
Potassium	280 mg	8%
Total Carbohydrate	16 g	5%
Dietary Fiber	5 g	20%
Sugars	2 g	
Protein	11 g	

Calories per Serving: 110

Calories from Fat: 15

Serving Size: 34.1 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Also Formulated for Diabetics
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Lactose Free
 - ✓ Caffeine Free
 - ✓ <10ppm Gluten
 - ✓ Heart Healthy
- Contains 8g soy protein*

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	30%
Iron	30%
Vitamin D	30%
Vitamin E.....	25%
Vitamin K	25%
Thiamin (B1)	45%
Riboflavin.....	30%
Niacin	20%
Vitamin B6.....	35%
Folate	30%
Vitamin B12.....	20%
Biotin	20%
Pantothenic Acid.....	25%
Phosphorus	20%
Iodine	30%
Magnesium	15%
Zinc	25%
Selenium	20%
Copper	30%
Manganese	45%
Chromium	30%
Molybdenum	60%
Chloride2%

- 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, apples, calcium phosphate, maltodextrin, salt, natural and artificial flavors, potassium chloride, spice, soy lecithin, magnesium oxide, acesulfame potassium (non- nutritive sweetener), dl-methionine, triacetin, modified food starch, corn syrup solids, colorant, calcium stearate, 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.

Contains: milk, wheat and soy. Manufactured in a facility that uses eggs, fish and shellfish.

Medifast
Super Omega 3

01600

Supplement Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	2.5 g	4%
Sodium	0 mg	0%
Total Carbohydrate	0 g	0%
Protein	0 g	

Calories per Serving: 25

Calories from Fat: 25

Serving Size: 2 Softgel Capsules

Servings per Container: 30

AVERAGE % DAILY VALUE

Vitamin E.....	67%
Fish Oil Concentrate 2440 mg.....	†
EPA (Eicosapentaenoic Acid) 720 mg.....	†
DHA (Docosahexaenoic Acid) 480 mg.....	†
Organic Flax Seed Oil 100mg.....	†
ALA (Alpha Linolenic Acid) 50 mg.....	†
LA (Cis-Linoleic Acid) 12 mg.....	†
Oleic Acid 15 mg.....	†

Suggested Use: As a dietary supplement, adults take two (2) softgel capsules daily with a meal, or as directed by a health care professional.

Other Ingredients

Gelatin, glycerine, and purified water (capsule), aqueous based coating solution (enteric coating*).

Contains Soy. Contains No Added sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

Enteric-coating eliminates the odor and any fishy aftertaste typically associated with taking a fish oil capsule. Enteric coating protects the capsule from being digested in the stomach and allows the fish oil to reach the lower gastrointestinal tract.

Medifast® Pudding
Banana

72850

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	170 mg	7%
Potassium	360 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
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ *Contains 3.3g of soy protein*

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	35%
Iron	25%
Vitamin D	30%
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	30%
Magnesium	15%
Zinc	25%
Selenium	20%
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, calcium caseinate, milk protein isolate, chicory root extract (inulin), soy protein isolate, 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, maltodextrin, dl-methionine, magnesium oxide, natural & artificial flavors, acesulfame potassium (non-nutritive sweetener), ascorbic acid, soy lecithin, sodium caseinate, ferric orthophosphate, dicalcium phosphate, salt, d-1 alpha tocopheryl 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.

Contains: Milk and soy. Manufactured in a facility that uses eggs, fish, shellfish and wheat.

Medifast® Pudding

Chocolate

57400

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	170 mg	7%
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: 34.4 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Lactose Free
- ✓ 2.4mg Caffeine
- ✓ *Contains 3.3g of soy protein*

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	35%
Iron	25%
Vitamin D	30%
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	30%
Magnesium	15%
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, soy protein isolate, 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, dl-methionine, magnesium oxide, natural & artificial flavors, artificial colors (red #40, yellow #60, yellow #5, blue #1), acesulfame potassium (non-nutritive sweetener), soy lecithin, sodium caseinate, ascorbic acid, ferric orthophosphate, dicalcium phosphate, salt, d-1 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.

Contains: Milk and soy. Manufactured in a facility that uses eggs, fish, shellfish and wheat.

Medifast® Pudding
Vanilla

57410

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	170 mg	7%
Potassium	360 mg	10%
Total Carbohydrate	15 g	5%
Dietary Fiber	5 g	20%
Sugars	8 g	
Protein	13 g	

Calories per Serving: 100

Calories from Fat: 0

Serving Size: 32.4 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ Caffeine Free
- ✓ *Contains 3.3g of soy protein*

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	25%
Iodine	30%
Magnesium	15%
Zinc	25%
Selenium	20%
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

Calcium caseinate, fructose, chicory root extract (inulin), milk protein isolate, soy protein isolate, modified food starch, sweet dairy whey, potassium chloride, calcium carbonate, maltodextrin, corn syrup solids, tetrasodium pyrophosphate, dipotassium phosphate, xanthan gum, partially hydrogenated canola oil, calcium phosphate, natural and artificial flavors, magnesium oxide, dl-methionine, acesulfame potassium (non-nutritive sweetener), soy lecithin, sodium caseinate, salt, 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.

Contains: Milk and soy. Manufactured in a facility that uses eggs, fish, shellfish and wheat.

Medifast® Ready-to-Drink

Dutch Chocolate

68700

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	190 mg	8%
Potassium	480 mg	14%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	6 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 8.25 oz (244 mL)

Servings per Container: 1

This Product is:

- ✓ Kosher Dairy
 - ✓ Also Formulated for Diabetics
 - ✓ Vegetarian Product
 - ✓ Lactose Free
 - ✓ 1.23 mg Caffeine
 - ✓ Heart Healthy
- Contains 10.5g soy protein*

AVERAGE % DAILY VALUE

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

Water, soy protein isolate, fructose, sucrose, gum arabic, maltodextrin, cocoa powder (processed with alkali), calcium phosphate, cellulose gel, canola oil, dipotassium phosphate, natural & artificial flavors, potassium chloride, salt, lactic acid, lecithin, soy lecithin, acesulfame potassium (non-nutritive sweetener), modified food starch, corn syrup solids, 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.

Contains: Soy.

Medifast® Ready-to-Drink

French Vanilla

68800

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	200 mg	8%
Potassium	370 mg	11%
Total Carbohydrate	12 g	4%
Dietary Fiber	4 g	16%
Sugars	6 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 8.25 oz (244mL)

Servings per Container: 1

- ✓ Kosher Dairy
 - ✓ Also Formulated for Diabetics
 - ✓ Vegetarian Product
 - ✓ Lactose Free
 - ✓ Caffeine Free
 - ✓ Heart Healthy
- Contains 11g soy protein*

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	30%
Calcium.....	45%
Iron	25%
Vitamin D	20%
Vitamin E.....	25%
Vitamin K	25%
Thiamin (B1)	30%
Riboflavin.....	30%
Niacin	20%
Vitamin B6.....	30%
Folate	25%
Vitamin B12.....	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus	35%
Iodine	20%
Magnesium	10%
Zinc	25%
Selenium	20%
Copper	25%
Manganese	40%
Chromium	25%
Molybdenum	50%
Chloride.....	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

Water, soy protein isolate, gum arabic, fructose, sucrose, maltodextrin, calcium phosphate, cellulose gel, canola oil, dipotassium phosphate, natural & artificial flavors, potassium chloride, salt, lecithin, lactic acid, soy lecithin, modified food starch, acesulfame potassium (non-nutritive sweetener), corn syrup solids, 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.

Contains: Soy.

Medifast® Scrambled Eggs

72860

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	2 g	3%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	55 mg	18%
Sodium	370 mg	15%
Potassium	280 mg	8%
Total Carbohydrate	10 g	3%
Dietary Fiber	5 g	20%
Sugars	0 g	
Protein	12 g	

Calories per Serving: 100

Calories from Fat: 20

Serving Size: 26.6 g

Servings per Container: 7

This Product is:

- ✓ Non- Kosher
- ✓ Vegetarian Product
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Also Formulated for Diabetics

AVERAGE % DAILY VALUE

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

Ingredients: Eggs (egg whites, egg yolks, maltodextrin, polydextrose, modified corn starch, corn oil, titanium dioxide (color), salt, guar gum, xanthan gum, annato, spice), chicory root extract (inulin), calcium carbonate, tetrasodium pyrophosphate, dipotassium phosphate, magnesium oxide, 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.

Contains: eggs. Manufactured in a facility that uses milk, wheat, soy, fish, and shellfish.

Medifast® 55
Banana Crème

52060

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	420 mg	12%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	9 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 0

Serving Size: 28.0 g

Servings per Container: 7

This Product is:

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

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	25%
Iron	30%
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	20%
Iodine	30%
Magnesium	20%
Zinc	20%
Selenium	20%
Copper	25%
Manganese	45%
Chromium	30%
Molybdenum	60%
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, chicory root extract (inulin), guar gum, potassium chloride, calcium phosphate, salt, maltodextrin, modified food starch, natural & artificial flavors, magnesium oxide, dl-methionine, lecithin, acesulfame potassium (non-nutritive sweetener), corn syrup solids, ascorbic acid, ferric orthophosphate, dicalcium phosphate, 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, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin.

Contains: milk, wheat and soy. Manufactured in a facility that uses egg, fish, and shellfish.

Medifast® 55
Dutch Chocolate

51710

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
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: 28.1 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Low Lactose
 - ✓ 2.25 mg Caffeine
 - ✓ <10ppm Gluten
 - ✓ Heart Healthy
- Contains 8 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	25%
Vitamin B12.....	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus	20%
Iodine	30%
Magnesium	15%
Zinc	25%
Selenium	25%
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

Soy protein isolate, fructose, milk protein isolate, cocoa (processed with alkali), oat fiber, sweet dairy whey, guar gum, calcium phosphate, potassium chloride, maltodextrin, salt, microcrystalline cellulose, natural & artificial flavors, acesulfame potassium (non-nutritive sweetener), magnesium oxide, dl-methionine, modified corn starch, soy lecithin, 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.

Contains: milk, wheat and soy. Manufactured in a facility that uses egg, fish, and shellfish

Medifast® 55
French Vanilla

51810

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	420 mg	12%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	9 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 5

Serving Size: 28.1 g

Servings per Container: 7

This Product is:

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

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	25%
Iron	30%
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	20%
Iodine	30%
Magnesium	20%
Zinc	20%
Selenium	20%
Copper	25%
Manganese	45%
Chromium	30%
Molybdenum	60%
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, chicory root extract (inulin), guar gum, potassium chloride, calcium phosphate, maltodextrin, salt, natural & artificial flavors, magnesium oxide, dl-methionine, modified food starch, corn syrup solids, 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.

Contains: milk, wheat and soy. Manufactured in a facility that uses egg, fish, and shellfish

Medifast® 55
Orange Crème

52010

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	420 mg	12%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	9 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 5

Serving Size: 28.3 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Low Lactose
 - ✓ Caffeine Free
 - ✓ <10ppm Gluten
 - ✓ Heart Healthy
- Contains 8 g soy protein*

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	25%
Iron	30%
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	20%
Iodine	30%
Magnesium	20%
Zinc	25%
Selenium	25%
Copper	25%
Manganese	45%
Chromium.....	30%
Molybdenum	60%
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, chicory root extract (inulin), guar gum, potassium chloride, calcium phosphate, modified food starch, salt, maltodextrin, natural and artificial flavors, magnesium oxide, dl-methionine, acesulfame potassium (non-nutritive sweetener), lecithin, ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, yellow #6, partially hydrogenated vegetable oil, 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.

Contains: milk, wheat and soy. Manufactured in a facility that uses egg, fish, and shellfish

Medifast® 55
Strawberry Crème

51910

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	420 mg	12%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	9 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 0

Serving Size: 28.2 g

Servings per Container: 7

This Product is:

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

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	25%
Iron	30%
Vitamin D	30%
Vitamin E.....	25%
Vitamin K	25%
Thiamin (B1)	35%
Riboflavin.....	30%
Niacin	20%
Vitamin B6.....	35%
Folate	30%
Vitamin B12.....	20%
Biotin	20%
Pantothenic Acid.....	25%
Phosphorus	20%
Iodine	30%
Magnesium	20%
Zinc	25%
Selenium	25%
Copper	25%
Manganese	45%
Chromium.....	30%
Molybdenum	60%
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, chicory root extract (inulin), sweet dairy whey, guar gum, potassium chloride, calcium phosphate, maltodextrin, salt, magnesium oxide, modified food starch, glycerol triacetate, dl-methionine, natural & artificial flavors, lecithin, 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.

Contains: milk, wheat and soy. Manufactured in a facility that uses egg, fish, and shellfish.

Medifast® 55
Swiss Mocha

6030

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	450 mg	13%
Total Carbohydrate	14 g	5%
Dietary Fiber	4 g	16%
Sugars	8 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 5

Serving Size: 29.3 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Low Lactose
 - ✓ 8.7 mg Caffeine
 - ✓ Heart Healthy
- Contains 8 g soy protein*

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	25%
Iron	30%
Vitamin D	30%
Vitamin E.....	25%
Vitamin K	20%
Thiamin (B1)	35%
Riboflavin.....	30%
Niacin	20%
Vitamin B6.....	35%
Folate	30%
Vitamin B12.....	20%
Biotin	20%
Pantothenic Acid.....	25%
Phosphorus	20%
Iodine	30%
Magnesium	20%
Zinc	25%
Selenium	20%
Copper	25%
Manganese	45%
Chromium	30%
Molybdenum	60%
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, chicory root extract (inulin), maltodextrin, guar gum, potassium chloride, calcium phosphate, salt, cocoa powder, coffee, modified food starch, glycerol triacetate, natural & artificial flavors, magnesium oxide, dl-methionine, lecithin, acesulfame potassium (non-nutritive sweetener), corn syrup solids, artificial color (red #40, yellow #6, yellow #5, blue #1), 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.

Contains: milk, wheat and soy. Manufactured in a facility that uses egg, fish, and shellfish.

Medifast® 70
Banana Creme

5246

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	240 mg	10%
Potassium	410 mg	12%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	9 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 5

Serving Size: 31.3 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Low Lactose
 - ✓ Caffeine Free
 - ✓ Heart Healthy
- Contains 10.2 g soy protein*

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	35%
Iron	30%
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	25%
Iodine	30%
Magnesium	20%
Zinc	25%
Selenium	25%
Copper	25%
Manganese	45%
Chromium	30%
Molybdenum	60%
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, chicory root extract (inulin), oat fiber, sweet dairy whey, calcium phosphate, potassium chloride, guar gum, maltodextrin, salt, modified food starch, natural & artificial flavors, dl-methionine, magnesium oxide, lecithin, acesulfame potassium (non-nutritive sweetener), corn syrup solids, ascorbic acid, ferric orthophosphate, dicalcium phosphate, 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, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin.

Contains: milk, wheat and soy. Manufactured in a facility that uses egg, fish, and shellfish

Medifast® 70
Dutch Chocolate

52110

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	240 mg	10%
Potassium	450 mg	13%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	9 g	
Protein	14 g	

Calories per Serving: 110

Calories from Fat: 10

Serving Size: 32.4 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ 2.7 mg Caffeine
- ✓ Heart Healthy
Contains 9.8 g soy protein

AVERAGE % DAILY VALUE

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

Soy protein isolate, fructose, milk protein isolate, chicory root extract (inulin), cocoa powder, sweet dairy whey, calcium phosphate, guar gum, maltodextrin, potassium chloride, salt, acesulfame potassium (non-nutritive sweetener), dl-methionine, natural & artificial flavors, magnesium oxide, lecithin, modified food 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.

Contains: milk and soy. Manufactured in a facility that uses egg, wheat, fish, and shellfish

Medifast- 70
French Vanilla

5221

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
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: 5

Serving Size: 31.2 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ Caffeine Free
- ✓ <10ppm Gluten
- ✓ Heart Healthy
Contains 10 g soy protein

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	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate	25%
Vitamin B12.....	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus	25%
Iodine	30%
Magnesium	15%
Zinc	20%
Selenium	20%
Copper	25%
Manganese	45%
Chromium	30%
Molybdenum	60%
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, calcium phosphate, potassium chloride, guar gum, maltodextrin, microcrystalline cellulose, salt, natural & artificial flavors, dl-methionine, magnesium oxide, modified food starch, soy lecithin, corn syrup solids, acesulfame potassium (non-nutritive sweetener), ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-1 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.

Contains: milk, wheat and soy. Manufactured in a facility that uses egg, fish, and shellfish

Medifast® 70
Orange Crème

5241

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	240 mg	10%
Potassium	400 mg	11%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	9 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 5

Serving Size: 31.6 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Low Lactose
 - ✓ Caffeine Free
 - ✓ Heart Healthy
- Contains 10.2 g soy protein*

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	35%
Iron	30%
Vitamin D	30%
Vitamin E.....	25%
Vitamin K	20%
Thiamin (B1)	35%
Riboflavin.....	30%
Niacin	20%
Vitamin B6.....	35%
Folate	30%
Vitamin B12.....	20%
Biotin	20%
Pantothenic Acid.....	25%
Phosphorus	25%
Iodine	30%
Magnesium	20%
Zinc	25%
Selenium	20%
Copper	25%
Manganese	45%
Chromium	30%
Molybdenum	60%
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, chicory root extract (inulin), calcium phosphate, potassium chloride, guar gum, modified food starch, maltodextrin, salt, natural & artificial flavors, dl-methionine, magnesium oxide, lecithin, acesulfame potassium (non-nutritive sweetener), yellow #6, partially hydrogenated vegetable oils, 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.

Contains: milk, wheat and soy. Manufactured in a facility that uses egg, fish, and shellfish.

Medifast® 70
Strawberry Crème

5231

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	240 mg	10%
Potassium	410 mg	12%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	9 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 5

Serving Size: 31.7 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Low Lactose
 - ✓ Caffeine Free
 - ✓ Heart Healthy
- Contains 10.2 g soy protein*

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	100%
Calcium.....	35%
Iron	30%
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	25%
Iodine	30%
Magnesium	20%
Zinc	25%
Selenium	20%
Copper	25%
Manganese	45%
Chromium	30%
Molybdenum	60%
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, chicory root extract (inulin), sweet dairy whey, oat fiber, calcium phosphate, potassium chloride, guar gum, maltodextrin, salt, dl-methionine, magnesium oxide, lecithin, modified food starch, glycerol triacetate, natural & artificial flavors, acesulfame potassium (non-nutritive sweetener), ascorbic acid, ferric orthophosphate, red #40, 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.

Contains: milk, wheat and soy. Manufactured in a facility that uses egg, fish, and shellfish

Medifast® 70
Swiss Mocha

60400

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Potassium	420 mg	12%
Total Carbohydrate	14 g	5%
Dietary Fiber	4 g	16%
Sugars	8 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 5

Serving Size: 32.8 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Low Lactose
 - ✓ 13.41 mg Caffeine
 - ✓ Heart Healthy
- Contains 10.2 g soy protein*

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	35%
Iron	30%
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	25%
Iodine	30%
Magnesium	20%
Zinc	25%
Selenium	20%
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

Soy protein isolate, fructose, milk protein isolate, oat fiber, sweet dairy whey, chicory root extract (inulin), maltodextrin, calcium phosphate, potassium chloride, instant coffee, guar gum, salt, modified food starch, cocoa powder, glycerol triacetate, natural & artificial flavors, dl-methionine, magnesium oxide, lecithin, acesulfame potassium (non-nutritive sweetener), corn syrup solids, ascorbic acid, artificial colors (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.

Contains: milk, wheat and soy. Manufactured in a facility that uses egg, fish, and shellfish

Medifast®

Beef Vegetable Stew

69660

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	10 mg	3%
Sodium	390 mg	16%
Potassium	290 mg	8%
Total Carbohydrate	14 g	5%
Dietary Fiber	4 g	16%
Sugars	2 g	
Protein	11 g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 30.9 g

Servings per Container: 7

This Product is:

- ✓ Also formulated for Diabetics
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ *Contains 4.7g soy protein*

AVERAGE % DAILY VALUE

Vitamin A	50%
Vitamin C	60%
Calcium.....	25%
Iron	30%
Vitamin D	30%
Vitamin E.....	25%
Vitamin K	25%
Thiamin (B1)	40%
Riboflavin.....	35%
Niacin	30%
Vitamin B6.....	40%
Folate	35%
Vitamin B12.....	20%
Biotin	20%
Pantothenic Acid.....	25%
Phosphorus	15%
Iodine	30%
Magnesium	15%
Zinc	25%
Selenium	20%
Copper	30%
Manganese	50%
Chromium	30%
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

Vegetables (potatoes, carrots, green beans, cabbage, tomato, celery, onion, parsley), isolated soy protein, beef, modified potato starch, tomato powder, chicory root extract (inulin), yeast extract, maltodextrin, beef stock, canola oil, hydrolyzed soy, corn and wheat gluten protein, calcium phosphate, xanthan gum, calcium carbonate, magnesium oxide, natural flavors, salt, dl-methionine, black pepper, lecithin, garlic powder, 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.

Contains: Wheat and soy. Manufactured in a facility that uses milk, eggs, fish and shellfish.

Medifast® Chicken Noodle Soup

Chicken Noodle

69600

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	5 mg	2%
Sodium	360 mg	15%
Potassium	580 mg	17%
Total Carbohydrate	11 g	4%
Dietary Fiber	4 g	16%
Sugars	1 g	
Protein	12 g	

Calories per Serving: 100

Calories from Fat: 15

Serving Size: 30.8 g

Servings per Container: 7

This Product is:

- ✓ Also Formulated for Diabetics
- Lactose Free
- ✓ Caffeine Free
- ✓ Heart Healthy
- Contains 9.7g of soy protein*

AVERAGE % DAILY VALUE

Vitamin A	50%
Vitamin C	35%
Calcium.....	40%
Iron	35%
Vitamin D	30%
Vitamin E.....	25%
Vitamin K	25%
Thiamin (B1)	45%
Riboflavin.....	35%
Niacin	30%
Vitamin B6.....	40%
Folate	35%
Vitamin B12.....	20%
Biotin	25%
Pantothenic Acid.....	25%
Phosphorus	20%
Iodine	30%
Magnesium	10%
Zinc	30%
Selenium	30%
Copper	35%
Manganese	45%
Chromium	30%
Molybdenum	60%
Chloride.....	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

Soy protein concentrate, enriched egg noodles (durum flour, water, egg yolks, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), soy protein isolate, powdered cellulose, natural flavors, carrots, salt, canola oil, calcium carbonate, maltodextrin, xanthan gum, yeast extract, potassium citrate, potassium chloride, calcium phosphate, onion powder, minced onion, celery, lecithin, l-cysteine hydrochloride, garlic powder, black pepper, turmeric, disodium inosinate, disodium guanylate, 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.

Contains: Egg, wheat and soy. Manufactured in a facility that uses milk, fish and shellfish.

Medifast® Chicken & Wild Rice Soup

Chicken & Wild Rice

69650

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	200 mg	8%
Potassium	460 mg	13%
Total Carbohydrate	12 g	4%
Dietary Fiber	4 g	16%
Sugars	2 g	
Protein	12 g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 31.8 g

Servings per Container: 7

This Product is:

- ✓ Also formulated for Diabetics
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ *Contains 3.3g of soy protein*

AVERAGE % DAILY VALUE

Vitamin A	70%
Vitamin C	40%
Calcium.....	35%
Iron	25%
Vitamin D	30%
Vitamin E.....	25%
Vitamin K	25%
Thiamin (B1)	40%
Riboflavin.....	30%
Niacin	25%
Vitamin B6.....	40%
Folate	30%
Vitamin B12.....	20%
Biotin	20%
Pantothenic Acid.....	25%
Phosphorus	20%
Iodine	30%
Magnesium	2%
Zinc	25%
Selenium	20%
Copper	30%
Manganese	45%
Chromium	30%
Molybdenum	60%
Chloride.....	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

Freeze-dried chicken, parboiled white rice, soy protein isolate, chicory root extract (inulin), precooked wild rice, carrots, natural flavors, peas, shiitake mushrooms, maltodextrin, calcium carbonate, yeast extract, canola oil, potassium citrate, xanthan gum, celery, potassium chloride, calcium phosphate, onion powder, onion, salt, l-cysteine hydrochloride, lecithin, black pepper, garlic powder, parsley, 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.

Contains: Soy. Manufactured in a facility that uses milk, eggs, fish, shellfish and wheat.

Medifast® Chili

69700

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	260 mg	11%
Potassium	400 mg	11%
Total Carbohydrate	15 g	5%
Dietary Fiber	5 g	20%
Sugars	1 g	
Protein	14 g	

Calories per Serving: 110

Calories from Fat: 10

Serving Size: 35.4 g

Servings per Container: 7

This Product is:

- ✓ Also Formulated for Diabetics
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ <10ppm Gluten
- ✓ Heart Healthy
Contains 10 g soy protein
- ✓ Low Glycemic

AVERAGE % DAILY VALUE

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

Textured soy protein, red beans, tomato powder, soy protein isolate, dehydrated vegetables (carrots, onions, celery, green peppers), spices, chicory root extract (inulin), maltodextrin, beef stock, calcium phosphate, canola oil, hydrolyzed soy, corn and wheat gluten, salt, calcium carbonate, sucrose, magnesium oxide, dl-methionine, soy lecithin, natural flavor, autolyzed yeast extract, ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-1 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.

Contains: Wheat and soy. Manufactured in a facility that uses milk, eggs, fish and shellfish.

Medifast® Creamy Soups
 Cream of Broccoli

57000

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1 g	2%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	330 mg	14%
Potassium	340 mg	10%
Total Carbohydrate	10 g	3%
Dietary Fiber	4 g	15%
Sugars	4 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 30.3 g

Servings per Container: 7

This Product is:

- ✓ Non-Kosher
- ✓ Also Formulated for Diabetics
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ Caffeine Free

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	35%
Calcium.....	20%
Iron	25%
Vitamin D	25%
Vitamin E.....	20%
Vitamin K	20%
Thiamin (B1)	35%
Riboflavin.....	30%
Niacin	30%
Vitamin B6.....	35%
Folate	25%
Vitamin B12.....	35%
Biotin	25%
Pantothenic Acid.....	20%
Phosphorus	10%
Iodine	25%
Magnesium	20%
Zinc	35%
Selenium	20%
Copper	20%
Manganese	35%
Chromium.....	15%
Molybdenum	70%
Chloride.....	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

Whey protein concentrate, calcium caseinate, chicory root extract (inulin), sodium caseinate, yeast extract, maltodextrin, oat fiber, chicken fat, broccoli, hydrolyzed corn gluten, xanthan gum, dried cauliflower, non-fat dry milk, natural broccoli flavor, potassium phosphate, tapioca flour, potassium chloride, potassium citrate, soy sauce (soybeans, wheat, salt), dried onion, dried garlic, tapioca maltodextrin, dextrose, dicalcium phosphate, magnesium oxide, molybdenum yeast, 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.

Contains: soy, milk, wheat. Manufactured in a facility that uses egg, fish and shellfish.

Medifast® Creamy Soups
 Cream of Chicken

54300

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1.5 g	2%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	350 mg	15%
Potassium	350 mg	10%
Total Carbohydrate	10 g	3%
Dietary Fiber	4 g	16%
Sugars	5 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 15

Serving Size: 30.6 g

Servings per Container: 7

This Product is:

- ✓ Non-Kosher
- ✓ Also Formulated for Diabetics
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ Caffeine Free

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	30%
Calcium.....	25%
Iron	25%
Vitamin D	20%
Vitamin E.....	20%
Vitamin K	20%
Thiamin (B1)	35%
Riboflavin.....	30%
Niacin	20%
Vitamin B6.....	35%
Folate	25%
Vitamin B12.....	35%
Biotin	25%
Pantothenic Acid.....	20%
Phosphorus	10%
Iodine	20%
Magnesium	20%
Zinc	35%
Selenium	20%
Copper	20%
Manganese	35%
Chromium	15%
Molybdenum	70%
Chloride.....	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

Whey protein concentrate, calcium caseinate, chicory root extract (inulin), sodium caseinate, yeast extract, maltodextrin, chicken fat, hydrolyzed corn gluten, oat fiber, non-fat dry milk, dried onion, potassium phosphate, xanthan gum, soy sauce, potassium chloride, potassium citrate, natural and artificial flavors, tapioca maltodextrin, dextrose, onion powder, turmeric extractives, disodium inosinate, disodium guanylate, parsley, dried garlic, dicalcium phosphate, magnesium oxide, molybdenum yeast, 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.

Contains: milk, wheat and soy. Manufactured in a facility that uses egg, fish and shellfish.

Medifast® Creamy Soups

Cream of Tomato

60600

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	240 mg	10%
Potassium	330 mg	9%
Total Carbohydrate	14 g	5%
Dietary Fiber	4 g	16%
Sugars	4 g	
Protein	14 g	

Calories per Serving: 110

Calories from Fat: 5

Serving Size: 32.6 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Also Formulated for Diabetics
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ Caffeine Free

AVERAGE % DAILY VALUE

Vitamin A	40%
Vitamin C	50%
Calcium.....	25%
Iron	30%
Vitamin D	25%
Vitamin E.....	25%
Vitamin K	25%
Thiamin (B1)	45%
Riboflavin.....	35%
Niacin	25%
Vitamin B6.....	40%
Folate	25%
Vitamin B12.....	35%
Biotin	30%
Pantothenic Acid.....	25%
Phosphorus	10%
Iodine	25%
Magnesium	25%
Zinc	40%
Selenium	25%
Copper	30%
Manganese	45%
Chromium	20%
Molybdenum	80%

- 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, tomato powder, calcium caseinate, sodium caseinate, chicory root extract (inulin), oat fiber, citric acid, salt, xanthan gum, beet powder, acesulfame potassium (non-nutritive sweetener), artificial flavor, disodium guanylate, disodium inosinate, gum arabic, maltodextrin, modified corn starch, monosodium glutamate, dicalcium phosphate, magnesium oxide, molybdenum yeast, 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.

Contains: Milk, wheat and soy. Manufactured in a facility that uses egg, fish and shellfish.

Medifast®

Maryland Crab Soup

69670

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	390 mg	16%
Potassium	470 mg	13%
Total Carbohydrate	15 g	5%
Dietary Fiber	4 g	16%
Sugars	2 g	
Protein	13 g	

Calories per Serving: 110

Calories from Fat: 10

Serving Size: 34.3 g

Servings per Container: 7

This Product is:

- ✓ Non- Kosher
- ✓ Also formulated for Diabetics
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Heart Healthy - 10g of Soy protein

AVERAGE % DAILY VALUE

Vitamin A	50%
Vitamin C	50%
Calcium.....	45%
Iron	35%
Vitamin D	30%
Vitamin E.....	25%
Vitamin K	25%
Thiamin (B1)	45%
Riboflavin.....	40%
Niacin	30%
Vitamin B6.....	40%
Folate	30%
Vitamin B12.....	20%
Biotin	20%
Pantothenic Acid.....	25%
Phosphorus	30%
Iodine	30%
Magnesium	25%
Zinc	30%
Selenium	25%
Copper	40%
Manganese	70%
Chromium	30%
Molybdenum	90%

- 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 concentrate, tomato powder, soy protein isolate, chicory root extract (inulin), modified potato starch, yeast extract, crab extract, corn, celery, calcium carbonate, potatoes, carrots, peas, tomato flakes, cabbage flakes, onions, salt, green beans, calcium phosphate, canola oil, spices (mustard, red pepper, black pepper, bay leaves, cloves, allspice, ginger, mace, cardamom, cinnamon), paprika, magnesium oxide, lecithin, dl-methionine, garlic powder, 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.

Contains: Soy, shellfish. Manufactured in a facility that uses milk, wheat, eggs and fish.

Medifast®
Apple Cinnamon

57270

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	2 g	3%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	95 mg	4%
Potassium	0 mg	0%
Total Carbohydrate	8 g	3%
Dietary Fiber	1 g	4%
Sugars	2 g	
Protein	4 g	

AVERAGE % DAILY VALUE

Vitamin A	0%
Vitamin C	0%
Calcium.....	2%
Iron	4%

Calories per Serving: 70

Calories from Fat: 15

Serving Size: 15.0 g

Servings per Container: 7

This Product is:

- ✓ Kosher Parve
- ✓ Vegetarian Product
- ✓ Lactose 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.

Ingredients

Low Fat Soy Flour, Rice Flour, Sun Flower Oil, Sugar, Spice, Malic Acid, Natural Flavoring, Salt.

Contains: Soy.

Manufactured in a facility that uses milk and wheat.

Medifast®
White Cheddar

57250

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	2 g	3%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	140 mg	6%
Potassium	0 mg	0%
Total Carbohydrate	7 g	2%
Dietary Fiber	1 g	4%
Sugars	1 g	
Protein	5 g	

Calories per Serving: 70

Calories from Fat: 20

Serving Size: 15.0 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Lactose Free
- ✓ Caffeine Free

AVERAGE % DAILY VALUE

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

Low Fat Soy Flour, Rice Flour, Sun Flower Oil, Whey, Semisoft Cheese [milk, cheese cultures, salt, enzymes], Buttermilk Solids, Natural Flavors, Calcium Phosphate, Sodium Phosphate, Lactic Acid, Salt.

Contains: Soy and milk.

Manufactured in a facility that uses wheat.

Medifast®
Ranch

57260

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	2 g	3%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	210 mg	9%
Potassium	0 mg	0%
Total Carbohydrate	7 g	2%
Dietary Fiber	1 g	4%
Sugars	1 g	
Protein	5 g	

Calories per Serving: 60

Calories from Fat: 15

Serving Size: 15.0 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Lactose Free
- ✓ Caffeine Free

AVERAGE % DAILY VALUE

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

Low Fat Soy Flour, Rice Flour, Sun Flower Oil, Buttermilk Powder, Cheddar Cheese Powder [pasteurized milk, cheese cultures, salt, enzymes, whey, partially hydrogenated soybean oil, buttermilk, citric acid, natural flavors, disodium phosphate, lactic acid], Tomato Powder, Autolyzed Yeast, Onion Powder, Dextrose, Garlic Powder, Sugar, Natural Flavors, Malic Acid, Spices, Sodium Diacetate, Salt.

Contains: Soy and milk.

Manufactured in a facility that uses wheat.

Medifast® Momentum
Banana Crème

72490

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	240 mg	10%
Potassium	410 mg	12%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	9 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 5

Serving Size: 31.6 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Low Lactose
 - ✓ 100 mg Caffeine
 - ✓ <10ppm Gluten
 - ✓ Heart Healthy
- Contains 11.2 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.....	35%
Iron	30%
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	25%
Iodine	30%
Magnesium	20%
Zinc	25%
Selenium	25%
Copper	25%
Manganese	45%
Chromium	30%
Molybdenum	60%
Chloride.....	8%

Ingredients

Soy protein isolate, fructose, milk protein isolate, chicory root extract (inulin), oat fiber, sweet dairy whey, calcium phosphate, potassium chloride, guar gum, maltodextrin, salt, green tea extract, modified food starch, natural and artificial flavors, natural caffeine, dl-methionine, magnesium oxide, lecithin, acesulfame potassium (non-nutritive sweetener), corn syrup solids, ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-1 alpha tocopheryl 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.

Contains: milk, wheat and soy. Manufactured in a facility that uses egg, fish, and shellfish

Medifast® Momentum
Cappuccino

72470

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	10 mg	3%
Sodium	125 mg	5%
Potassium	320 mg	9%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	8 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 0

Serving Size: 31.2 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ 100 mg Caffeine

- 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	20%
Vitamin D	30%
Vitamin E.....	25%
Vitamin K	25%
Thiamin (B1)	35%
Riboflavin.....	35%
Niacin	25%
Vitamin B6.....	35%
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, chicory root extract (inulin), whey protein concentrate, calcium caseinate, sodium caseinate, instant decaffeinated coffee, potassium chloride, maltodextrin, calcium carbonate, potassium phosphate, green tea extract, modified food starch, salt, natural caffeine, 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.

Contains: Milk. Manufactured in a facility that uses egg, fish, shellfish, wheat and soy.

Medifast® Momentum
Chai Latte

72480

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	10 mg	3%
Sodium	125 mg	5%
Potassium	330 mg	9%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	8 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 0

Serving Size: 32.3 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ 100 mg Caffeine

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	25%
Iron	25%
Vitamin D	30%
Vitamin E.....	25%
Vitamin K	25%
Thiamin (B1)	35%
Riboflavin.....	35%
Niacin	20%
Vitamin B6.....	35%
Folate	30%
Vitamin B12.....	25%
Biotin	20%
Pantothenic Acid.....	25%
Phosphorus	10%
Iodine	30%
Magnesium	15%
Zinc	25%
Selenium	20%
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, chicory root extract (inulin), whey protein concentrate, calcium caseinate, sodium caseinate, instant green tea, spices (ginger, cinnamon, clove, cardamom, nutmeg), potassium chloride, calcium carbonate, maltodextrin, potassium phosphate, green tea extract, natural & artificial flavors, modified food starch, salt, natural caffeine, magnesium oxide, dl-methionine, acesulfame potassium (non-nutritive sweetener), 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.

Contains: Milk and soy. Manufactured in a facility that uses egg, fish, shellfish and wheat.

Medifast® Momentum Flavor Infusers

Lemon Green Tea

72500

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	0 mg	0%
Potassium	0 mg	0%
Total Carbohydrate	2 g	1%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	0 g	

AVERAGE % DAILY VALUE

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

Calories per Serving: 5

Calories from Fat: 0

Serving Size: 2.5 g

Servings per Container: 21

This Product is:

- ✓ Vegetarian Product
- ✓ Lactose Free
- ✓ 100 mg Caffeine

- 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

Dextrin, instant green tea, green tea extract, lemon powder, natural caffeine, citric acid, sucralose, maltodextrin, modified food starch, natural flavors, butylated hydroxy anisole.

Manufactured in a facility that uses soy, milk, eggs, fish, shellfish and wheat.

Medifast® Momentum Flavor Infusers

Mixed Berry

72510

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	0 mg	0%
Potassium	0 mg	0%
Total Carbohydrate	2 g	1%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	0 g	

AVERAGE % DAILY VALUE

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

Calories per Serving: 5

Calories from Fat: 0

Serving Size: 2.5 g
Servings per Container: 21

This Product is:

- ✓ Vegetarian Product
- ✓ Lactose Free
- ✓ 100 mg Caffeine

- 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

Dextrin, green tea extract, citric acid, malic acid, natural caffeine, sucralose, maltodextrin, red beet powder, modified cornstarch, triacetin, propylene glycol, natural and artificial flavor, silicon dioxide.

Manufactured in a facility that uses soy, milk, eggs, fish, shellfish and wheat.

Medifast® Momentum Flavor Infusers
 Strawberry Lemonade

72520

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	0 mg	0%
Potassium	0 mg	0%
Total Carbohydrate	2 g	1%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	0 g	

AVERAGE % DAILY VALUE

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

Calories per Serving: 5

Calories from Fat: 0

Serving Size: 2.8 g

Servings per Container: 21

This Product is:

- ✓ Vegetarian Product
- ✓ Lactose Free
- ✓ 100 mg Caffeine

- 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

Dextrin, lemon powder, citric acid, green tea extract, malic acid, sucralose, natural caffeine, maltodextrin, sugar, red beet powder, modified cornstarch, corn syrup solids, strawberry juice concentrate, natural and artificial flavors, benzyl alcohol, polyglycerol esters of fatty acids.

Manufactured in a facility that uses soy, milk, eggs, fish, shellfish and wheat.

Medifast® Antioxidant Shake

Chocolate

72420

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	350 mg	10%
Total Carbohydrate	15 g	5%
Dietary Fiber	6 g	24%
Sugars	2 g	
Protein	14 g	

Calories per Serving: 90

Calories from Fat: 5

Serving Size: 33.3 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Lactose Free
- ✓ 12.5 mg Caffeine
- ✓ 1000 ORAC Units

AVERAGE % DAILY VALUE

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

Whey protein isolate, calcium caseinate, natural cocoa powder, erythritol, enriched inulin, modified food starch, fructose, vitamin and mineral premix (dicalcium phosphate, ascorbic acid, ferric orthophosphate, vitamin E acetate, zinc oxide, niacinamide, d-calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium chloride, folic acid, d-biotin, potassium iodide, sodium molybdate, sodium selenite, vitamin K1, vitamin D3, vitamin B12), dextrin, xanthan gum, maltodextrin, calcium carbonate, salt, potassium chloride, potassium citrate, potassium phosphate, nutraceutical blend (grape seed extract, wild blueberry powder, wild bilberry powder, cranberry powder, tart cherry powder, prune powder, raspberry seed powder, strawberry powder, resveratrol, quercetin), acesulfame potassium (non-nutritive sweetener), magnesium oxide, natural and artificial flavors, corn syrup solids, propylene glycol, glycerol.

Contains: milk. Manufactured in a facility that uses soy, egg, wheat, fish, and shellfish

Medifast® Antioxidant Shake

Blueberry

72400

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	260 mg	7%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	3 g	
Protein	14 g	

Calories per Serving: 90

Calories from Fat: 0

Serving Size: 31.7 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ 1000 ORAC units

AVERAGE % DAILY VALUE

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

Whey protein isolate, calcium caseinate, erythritol, enriched inulin, fructose, modified food starch, vitamin and mineral premix (dicalcium phosphate, ascorbic acid, ferric orthophosphate, vitamin E acetate, zinc oxide, niacinamide, d-calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium chloride, folic acid, d-biotin, potassium iodide, sodium molybdate, sodium selenite, vitamin K1, vitamin D3, vitamin B12), dextrin, xanthan gum, citric acid, malic acid, calcium carbonate, salt, potassium chloride, potassium citrate, potassium phosphate, maltodextrin, VitaBlue® wild blueberry extract, magnesium oxide, acesulfame potassium (non-nutritive sweetener), natural and artificial flavors, corn syrup solids, triacetin, benzyl alcohol, propylene glycol.

Contains: milk. Manufactured in a facility that uses soy, egg, wheat, fish, and shellfish

Medifast® Antioxidant Shake

Cherry Pomegranate

72410

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	270 mg	8%
Total Carbohydrate	14 g	5%
Dietary Fiber	4 g	16%
Sugars	3 g	
Protein	14 g	

Calories per Serving: 90

Calories from Fat: 0

Serving Size: 32.0 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ 1000 ORAC units

AVERAGE % DAILY VALUE

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

Whey protein isolate, calcium caseinate, erythritol, enriched inulin, fructose, modified food starch, vitamin and mineral premix (dicalcium phosphate, ascorbic acid, ferric orthophosphate, vitamin E acetate, zinc oxide, niacinamide, d-calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium chloride, folic acid, d-biotin, potassium iodide, sodium molybdate, sodium selenite, vitamin K1, vitamin D3, vitamin B12), dextrin, xanthan gum, maltodextrin, citric acid, malic acid, calcium carbonate, red beet powder, salt, potassium chloride, potassium citrate, potassium phosphate, nutraceutical blend (grape seed extract, wild blueberry powder, wild bilberry powder, cranberry powder, tart cherry powder, prune powder, raspberry seed powder, strawberry powder, resveratrol, quercetin), acesulfame potassium (non-nutritive sweetener), magnesium oxide, natural and artificial flavors, corn syrup solids, cherry juice concentrate.

Contains: milk. Manufactured in a facility that uses soy, egg, wheat, fish, and shellfish

Medifast® Antioxidant Flavor Infusers
 Citrus Margarita

72530

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	0 mg	0%
Potassium	0 mg	0%
Total Carbohydrate	2 g	1%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	0 g	

AVERAGE % DAILY VALUE

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

Calories per Serving: 5

Calories from Fat: 0

Serving Size: 3.0 g

Servings per Container: 21

This Product is:

- ✓ Vegetarian Product
- ✓ Lactose Free
- ✓ 1000 ORAC units/serving
- ✓ 15 mg Resveratrol /serving

- 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

Dextrin, citric acid, nutraceutical premix (grape seed concentrate, acai, sweet cherry, cranberry, blueberry, resveratrol), malic acid, maltodextrin, sugar, sucralose, natural flavors, acesulfame potassium, modified cornstarch, gum acacia, ethyl alcohol, isoamyl alcohol, tricalcium phosphate.

Manufactured in a facility that uses soy, milk, eggs, fish, shellfish and wheat.

Medifast® Antioxidant Flavor Infusers
Raspberry Acai

72550

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	0 mg	0%
Potassium	0 mg	0%
Total Carbohydrate	2 g	1%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	0 g	

AVERAGE % DAILY VALUE

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

Calories per Serving: 5

Calories from Fat: 0

Serving Size: 3.0 g

Servings per Container: 21

This Product is:

- ✓ Vegetarian Product
- ✓ Lactose Free
- ✓ 1000 ORAC units/serving
- ✓ 15mg Resveratrol/serving

- 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

Dextrin, citric acid, maltodextrin, nutraceutical premix (grape seed concentrate, acai, sweet cherry, cranberry, blueberry, resveratrol), malic acid, sucralose, natural and artificial flavors, modified cornstarch, acesulfame potassium, triacetin, tricalcium phosphate, propylene glycol alginate.

Manufactured in a facility that uses soy, milk, eggs, fish, shellfish and wheat.

Medifast® Antioxidant Flavor Infusers
 White Grape Peach

72540

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	0 mg	0%
Potassium	0 mg	0%
Total Carbohydrate	2 g	1%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	0 g	

AVERAGE % DAILY VALUE

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

Calories per Serving: 5

Calories from Fat: 0

Serving Size: 3.0 g

Servings per Container: 21

This Product is:

- ✓ Vegetarian Product
- ✓ Lactose Free
- ✓ 1000 ORAC units/serving
- ✓ 15mg Resveratrol/serving

- 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

Dextrin, citric acid, nutraceutical premix (grape seed concentrate, acai, sweet cherry, cranberry, blueberry, resveratrol), malic acid, maltodextrin, sucralose, natural and artificial flavors, acesulfame potassium, modified cornstarch, sugar, corn syrup solids, polyglycerol esters of fatty acids.

Manufactured in a facility that uses soy, milk, eggs, fish, shellfish and wheat.

Medifast® Crunch Bars

Caramel Crunch

65445

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	3 g	5%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	230 mg	10%
Potassium	290 mg	8%
Total Carbohydrate	12 g	4%
Dietary Fiber	4 g	16%
Sugars	2 g	
Sugar Alcohols	2 g	
Protein	11 g	

Calories per Serving: 110

Calories from Fat: 30

Serving Size: 32 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Heart Healthy with 9.3g of Soy Protein

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	20%
Calcium.....	20%
Iron	20%
Vitamin D	20%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1)	20%
Riboflavin.....	20%
Niacin.....	20%
Vitamin B6.....	20%
Folate.....	20%
Vitamin B12.....	20%
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

Soy Protein Isolate, Polydextrose, Maltitol Syrup, Oligofructose, Glycerine, Vitamins and Minerals (Encapsulated Potassium Phosphate, Calcium Carbonate, Ferric Orthophosphate, Vitamin E Actate, Niacinamide, Zinc Oxide, Manganese Sulfate, Calcium Pantothenate, Copper Gluconate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Vitamin A Palmitate, Chromium Polynicotinate, Sodium Molybdate, Folic Acid, Biotin, Sodium Selenite, Potassium Iodide, Vitamin K, Cholecalciferol, Cyanocobalamin], Brown Rice Syrup, Peanut Butter (Peanuts, Mono and Diglycerides, Salt, Mixed Tocopherols), Non Fat Dry Milk, Butter, Natural and Artificial Flavor, Rice Starch, Peanut Flour, Sunflower Oil with tocopherol, Milk Protein Isolate, Evaporated Cane Juice, Soy Lecithin, Fractionated Palm Kernel Oil, Maltodextrin, Salt, Cocoa Powder, Sucralose, Dextrose, Carrageenan, Distilled Monoglycerides.

Contains: milk, peanuts and soy. Manufactured in a facility that uses tree nuts and wheat.

Medifast® Crunch Bars
Peanut Butter

65005

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	3.5 g	5%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	220 mg	9%
Potassium	290 mg	8%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	3 g	
Sugar Alcohols	1 g	
Protein	11 g	

Calories per Serving: 110

Calories from Fat: 30

Serving Size: 32 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Lactose Free
- ✓ 1 mg Caffeine
- ✓ Heart Healthy with 8.4g of Soy protein

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	20%
Calcium.....	20%
Iron	20%
Vitamin D	20%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1)	20%
Riboflavin.....	20%
Niacin.....	20%
Vitamin B6.....	20%
Folate.....	20%
Vitamin B12.....	20%
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

Soy protein isolate, polydextrose, oligofructose, peanut flour, glycerine, evaporated cane juice, peanut butter (peanuts, mono and diglycerides, salt, mixed tocopherols), vitamins and minerals (encapsulated potassium phosphate, calcium carbonate, potassium lactate, calcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, manganese sulfate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, vitamin K, cholecalciferol, cyanocobalamin), fractionated palm kernel oil, maltitol syrup, non fat dry milk, brown rice syrup, rice starch, milk protein isolate, cocoa powder, soy lecithin, natural and artificial flavor, salt, distilled monoglycerides, sucralose, guar gum.

Contains: Milk, peanuts and soy. Manufactured in a facility that uses tree nuts and wheat.

Medifast® Crunch Bars

Chocolate Mint

64905

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	3 g	5%
Saturated Fat	2 g	10%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	170 mg	7%
Potassium	290 mg	8%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	3 g	
Sugar Alcohols	2 g	
Protein	11 g	

Calories per Serving: 110

Calories from Fat: 30

Serving Size: 32 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Lactose Free
- ✓ 7mg caffeine
- ✓ Heart Healthy with 9.2g of Soy protein

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	20%
Calcium.....	20%
Iron	20%
Vitamin D	20%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1)	20%
Riboflavin.....	20%
Niacin	20%
Vitamin B6.....	20%
Folate	20%
Vitamin B12.....	20%
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

Soy protein isolate, polydextrose, maltitol syrup, oligofructose, glycerine, evaporated cane juice, chocolate liquor, vitamins and minerals (encapsulated potassium phosphate, calcium carbonate, potassium lactate, calcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, manganese sulfate, calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, vitamin K, cholecalciferol, cyanocobalamin), fractionated palm kernel oil, cocoa powder (processed with alkali), non fat dry milk, rice starch, natural and artificial flavor, milk protein isolate, cocoa powder, soy lecithin, guar gum, sucralose, salt, peppermint oil.

Contains: Milk and soy. Manufactured in a facility that uses tree nuts, wheat, and peanuts

Medifast® Crunch Bars

Chocolate Crunch

64805

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	3 g	5%
Saturated Fat	2 g	10%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	180 mg	8%
Potassium	290 mg	8%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	4 g	
Sugar Alcohols	3 g	
Protein	11 g	

Calories per Serving: 110

Calories from Fat: 30

Serving Size: 32 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Low Lactose
- ✓ 7mg caffeine
- ✓ Heart Healthy with 8.7g of Soy Protein

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	20%
Calcium.....	20%
Iron	20%
Vitamin D	20%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1)	20%
Riboflavin	20%
Niacin	20%
Vitamin B6.....	20%
Folate	20%
Vitamin B12.....	20%
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

Soy protein isolate, evaporated cane juice, brown rice syrup, vitamins and minerals (encapsulated potassium phosphate, calcium carbonate, potassium lactate, calcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, manganese sulfate, calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, vitamin K, cholecalciferol, cyanocobalamin), polydextrose, oligofructose, cocoa powder (processed with alkali), maltitol syrup, nonfat dry milk, glycerine, fractionated palm kernel oil, chocolate liquor, milk protein isolate, rice starch, natural and artificial flavor, cocoa powder, soy lecithin, distilled monoglycerides, salt, guar gum, sucralose.

Contains: Milk and soy. Manufactured in a facility that uses peanuts, tree nuts and wheat.

Medifast® Crunch Bars

Cinnamon Roll Bar

65510

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	2.5 g	4%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	170 mg	7%
Potassium	290 mg	8%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	14%
Sugars	6 g	
Sugar Alcohol	2 g	
Protein	11 g	

Calories per Serving: 110

Calories from Fat: 20

Serving Size: 32 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Caffeine Free
- ✓ Lactose Free
- ✓ Heart Healthy with 9.5g of soy protein

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	20%
Calcium.....	20%
Iron	20%
Vitamin D	20%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1)	20%
Riboflavin.....	20%
Niacin	20%
Vitamin B6.....	20%
Folate.....	20%
Vitamin B12.....	20%
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

Soy protein isolate, evaporated cane juice, polydextrose, chicory root fiber, maltitol syrup, vitamins and minerals (encapsulated potassium phosphate, calcium carbonate, potassium lactate, calcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, manganese sulfate, calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, vitamin K, cholecalciferol, cyanocobalamin), fractionated palm kernel oil, brown rice syrup, glycerine, milk protein isolate, rolled oats, nonfat dry milk, brown sugar, rice starch, natural and artificial flavor, spice, soy lecithin, distilled monoglycerides, guar gum, sucralose, salt.

Contains: Soy and milk. Manufactured in a facility that uses tree nuts, wheat, and peanuts.

Medifast® Crunch Bars

Lemon meringue

65205

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	2.5 g	4%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	290 mg	8%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	5 g	
Sugar Alcohol	1 g	
Protein	11 g	

Calories per Serving: 110

Calories from Fat: 25

Serving Size: 32 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Caffeine Free
- ✓ Low Lactose
- ✓ Heart Healthy with 9.3g of soy protein

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	20%
Calcium.....	20%
Iron	20%
Vitamin D	20%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1)	20%
Riboflavin.....	20%
Niacin.....	20%
Vitamin B6.....	20%
Folate.....	20%
Vitamin B12.....	20%
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

Soy protein isolate, evaporated cane juice, polydextrose, chicory fiber, maltitol syrup, vitamins and minerals (encapsulated potassium phosphate, calcium carbonate, potassium lactate, calcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, vitamin E Acetate, niacinamide, zinc oxide, manganese sulfate, calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, vitamin K, cholecalciferol, cyanocobalamin), fractionated palm kernel oil, raisins, milk protein isolate, brown rice syrup, glycerine, rice starch, nonfat yogurt powder (cultured why and nonfat milk), natural flavor, nonfat dry milk, sunflower oil with tocopherol, soy lecithin, citric acid, lemon, malic acid, distilled monoglycerides, sucralose, salt.

Contains: Soy and milk. Manufactured in a facility that uses tree nuts, wheat, and peanuts.

Medifast® Crunch Bars

Oatmeal Raisin

65405

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	2.5 g	4%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	290 mg	8%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	5 g	
Sugar Alcohols	3 g	
Protein	11 g	

Calories per Serving: 110

Calories from Fat: 25

Serving Size: 32 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Heart Healthy with 9.3g of soy protein

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	20%
Calcium.....	20%
Iron	20%
Vitamin D	20%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1)	20%
Riboflavin.....	20%
Niacin.....	20%
Vitamin B6.....	20%
Folate.....	20%
Vitamin B12.....	20%
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

Soy protein isolate, evaporated cane juice, oligofructose, polydextrose, maltitol syrup, raisins, vitamins and minerals (encapsulated potassium phosphate, calcium carbonate, potassium lactate, calcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, manganese sulfate, calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, vitamin K, cholecalciferol, cyanocobalamin, glycerine, fractionated palm kernel oil, milk protein isolate, rice starch, rolled oats, nonfat dry milk, natural flavor, sunflower oil with tocopherol, fructose, soy lecithin, cinnamon, guar gum, distilled monoglycerides, sucralose, salt, citric acid.

Contains: Milk and soy. Manufactured in a facility that uses peanuts, tree nuts and wheat.

Medifast® Crunch Bars

S'more

65455

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	2.5 g	4%
Saturated Fat	2 g	10%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	170 mg	7%
Potassium	290 mg	8%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	6 g	
Sugar Alcohols	2 g	
Protein	11 g	

Calories per Serving: 110

Calories from Fat: 25

Serving Size: 32 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Vegetarian Product
 - ✓ Low Lactose
 - ✓ 1 mg Caffeine
 - ✓ Heart Healthy
- Contains 9.1 grams of soy*

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	20%
Calcium	20%
Iron	20%
Vitamin D	20%
Vitamin E	20%
Vitamin K	20%
Thiamin (B1)	20%
Riboflavin	25%
Niacin	20%
Vitamin B6	20%
Folate	20%
Vitamin B12	20%
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

Soy protein isolate, evaporated cane juice, chicory fiber, polydextrose, vitamins and minerals (encapsulated potassium phosphate, calcium carbonate, potassium lactate, calcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, manganese sulfate, calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, vitamin K, cholecalciferol, cyanocobalamin), maltitol syrup, nonfat dry milk, fractionated palm kernel oil, brown sugar, milk protein isolate, glycerine, rolled oats, sugar, brown rice syrup, rice starch, cocoa powder, natural and artificial flavors, soy lecithin, sunflower oil with tocopherol, maltodextrin, distilled monoglycerides, palm oil, salt, rice flour, dextrose, sucralose, carrageenan, cornstarch, acacia gum.

Contains: Soy and milk. Manufactured in a facility that uses wheat, peanuts and tree nuts.

Medifast® Crunch Bars

Strawberry

65520

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	2.5 g	4%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	290 mg	8%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	5 g	
Sugar Alcohol	1 g	
Protein	11 g	

Calories per Serving: 110

Calories from Fat: 25

Serving Size: 32 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Caffeine Free
- ✓ Lactose Free
- ✓ Heart Healthy with 9.2g of soy protein

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	20%
Calcium.....	20%
Iron	20%
Vitamin D	20%
Vitamin E.....	20%
Vitamin K.....	20%
Thiamin (B1)	20%
Riboflavin.....	20%
Niacin	20%
Vitamin B6.....	20%
Folate.....	20%
Vitamin B12.....	20%
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

Soy protein isolate, evaporated cane juice, polydextrose, chicory fiber, maltitol syrup, vitamins and minerals (encapsulated potassium phosphate, calcium carbonate, potassium lactate, calcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, manganese sulfate, calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, vitamin K, cholecalciferol, cyanocobalamin), milk protein isolate, fractionated palm kernel oil, natural and artificial flavor, brown rice syrup, nonfat dry milk, sugar, cranberries, rice starch, sunflower oil with tocopherol, glycerine, soy lecithin, citric acid, elderberry juice concentrate, distilled monoglycerides, malic acid, sucralose, salt, sunflower oil.

Contains: Soy and milk. Manufactured in a facility that uses tree nuts, wheat, and peanuts

Medifast® Crunch Bars

Fruit and Nut

65505

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	3 g	5%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	180 mg	8%
Potassium	290 mg	8%
Total Carbohydrate	12 g	4%
Dietary Fiber	4 g	16%
Sugars	3 g	
Sugar Alcohols	2 g	
Protein	11 g	

Calories per Serving: 110

Calories from Fat: 30

Serving Size: 32 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Heart Healthy with 8.7g of soy protein

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	20%
Calcium	20%
Iron	20%
Vitamin D	20%
Vitamin E	20%
Vitamin K	20%
Thiamin (B1)	20%
Riboflavin	20%
Niacin	20%
Vitamin B6	20%
Folate	20%
Vitamin B12	20%
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

Soy protein isolate, peanuts, chicory fiber, brown rice syrup, maltitol syrup, vitamins and minerals (encapsulated potassium phosphate, calcium carbonate, potassium lactate, calcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, manganese sulfate, calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, vitamin K, cholecalciferol, cyanocobalamin), polydextrose, cranberries, raisins, rolled oats, milk protein isolate, almonds, sunflower oil with tocopherol, rice starch, glycerine, natural flavor, soy lecithin, salt sugar, citric acid, sucralose, honey, modified potato starch, xanthan gum, vegetable oil (peanut, canola and/or soybean).

Contains: Peanuts, tree nuts, milk and soy. Manufactured in a facility that uses wheat.

Medifast® Maintenance Bars

Caramel Nut

65440

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	5 g	8%
Saturated Fat	2.5 g	13%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	290 mg	8%
Total Carbohydrate	22 g	7%
Dietary Fiber	4 g	16%
Sugars	11 g	
Protein	11 g	

Calories per Serving: 170

Calories from Fat: 45

Serving Size: 43 g

Servings per Container: 7

This Product is:

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

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%

- 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, evaporated cane juice syrup, oligofructose, sugar, maltitol syrup, fractionated palm kernel oil, calcium caseinate, ground peanuts, soy nuts, brown rice syrup, high maltose corn syrup, whey protein isolate, soy fiber, vitamin mineral premix (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), cocoa powder (processed with alkali), soy lecithin, hydrogenated palm oil, milk protein concentrate, non fat dry milk, dipotassium phosphate, canola oil, heavy cream (cream, carrageenan, mono and diglycerides), maltodextrin, polydextrose, salt, tapioca starch, sodium caseinate, natural and artificial flavors, milk fat, glycerine, sucralose, disodium phosphate, corn starch, mannitol, medium chain triglycerides, alpha tocopherols.

Contains: Soy, milk, peanuts. Manufactured in a facility that uses tree nuts and wheat.

Medifast® Maintenance Bars

Chocolate Mint

64900

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	5 g	8%
Saturated Fat	3 g	15%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	270 mg	8%
Total Carbohydrate	20 g	7%
Dietary Fiber	4 g	16%
Sugars	11 g	
Protein	11 g	

Calories per Serving: 160

Calories from Fat: 45

Serving Size: 43 g

Servings per Container: 7

This Product is:

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

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	25%
Vitamin B6.....	30%
Folate	30%
Vitamin B12.....	25%
Biotin	25%
Pantothenic Acid.....	25%
Phosphorus	35%
Iodine	20%
Magnesium	25%
Zinc	20%
Selenium	20%
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

Brown rice syrup, soy protein isolate, soy nuts, sugar, high maltose corn syrup, oligofructose, cocoa (processed with alkali), whey protein isolate, invert sugar, vitamin and mineral premix (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), fructose, non-fat dry milk, rice starch, natural and artificial flavors, soy fiber, dipotassium phosphate, chocolate liquor, soy lecithin, soybean oil, salt, milk fat.

Contains: milk and soy. Manufactured in a facility that uses tree nuts, wheat, and peanuts

Medifast® Maintenance Bars

Oatmeal Raisin

65400

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	3.5 g	5%
Saturated Fat	2 g	10%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	170 mg	7%
Potassium	290 mg	8%
Total Carbohydrate	22 g	7%
Dietary Fiber	4 g	16%
Sugars	12 g	
Protein	11 g	

Calories per Serving: 150

Calories from Fat: 30

Serving Size: 43 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ Caffeine Free

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	40%
Iron	35%
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	45%
Iodine	20%
Magnesium	25%
Zinc	20%
Selenium	25%
Copper	25%
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, brown rice syrup, oligofructose, sugar, raisins, honey, partially hydrogenated palm kernel oil, oats, non-fat dry milk, vitamin and mineral premix (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), whey protein isolate, calcium caseinate, fructose, brown sugar, glycerine, oat fiber, dipotassium phosphate, soybean oil, partially hydrogenated soybean oil, soy lecithin, natural and artificial flavors, salt, high fructose corn syrup, rice starch, titanium dioxide, spices, molasses, monoglycerides.

Contains: soy and milk. Manufactured in a facility that uses tree nuts, wheat, and peanuts

Medifast®

Chili Nacho Cheese Puffs

67240

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	2.5 g	4%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	5 mg	2%
Sodium	360 mg	15%
Potassium	100 mg	3%
Total Carbohydrate	14 g	5%
Dietary Fiber	4 g	16%
Sugars	3 g	
Protein	11 g	

Calories per Serving: 110

Calories from Fat: 20

Serving Size: 32 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Vegetarian Product
 - ✓ 0 mg Caffeine
 - ✓ Heart Healthy
- Contains 9 grams of soy*

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	20%
Calcium.....	30%
Iron	20%
Vitamin D	20%
Vitamin E.....	20%
Vitamin K	20%
Thiamin (B1)	20%
Riboflavin.....	20%
Niacin	20%
Vitamin B6.....	20%
Folate	20%
Vitamin B12.....	20%
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

Soy protein isolate, corn flour, rice flour, corn starch, soy flour, tapioca starch, pea fiber, inulin, xanthan gum, nacho cheese seasoning (cheddar cheese powder, pasteurized milk, cheese cultures, salt, disodium phosphate, lactic acid, dehydrated onion, chili pepper, garlic, maltodextrin, spices, whey culture, buttermilk solids, yeast, paprika, turmeric, salt), baking powder, vitamin and mineral premix (sodium chloride, tricalcium phosphate, magnesium phosphate, ascorbic acid, vitamin E acetate, ferric orthophosphate, niacinamide, zinc oxide, calcium d-pantothenate, copper gluconate, manganese sulfate, pyridoxine hydrochloride, thiamin mononitrate, vitamin A palmitate, riboflavin, folic acid, chromium chloride, d-biotin, potassium iodide, sodium molybdate, sodium selenite, vitamin K1, cholecalciferol, cyanocobalamin.)

Contains: Soy and milk. Manufactured in a facility that uses tree nuts and wheat.

Medifast®

Parmesan Cheese Puffs

67230

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	5 mg	2%
Sodium	360 mg	15%
Potassium	190 mg	6%
Total Carbohydrate	14 g	5%
Dietary Fiber	4 g	16%
Sugars	3 g	
Protein	11 g	

Calories per Serving: 110

Calories from Fat: 20

Serving Size: 32 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Vegetarian Product
 - ✓ 0 mg Caffeine
 - ✓ Heart Healthy
- Contains 9 grams of soy*

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	20%
Calcium.....	30%
Iron	20%
Vitamin D	20%
Vitamin E.....	20%
Vitamin K	20%
Thiamin (B1)	20%
Riboflavin.....	20%
Niacin	20%
Vitamin B6.....	20%
Folate	20%
Vitamin B12.....	20%
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

Soy protein isolate, corn flour, rice flour, corn starch, soy flour, tapioca starch, pea fiber, inulin, xanthan gum, dry parmesan cheese seasoning (part skim milk, cheese cultures, enzymes, whey, salt, non-fat dry milk, buttermilk solids), baking powder, vitamin and mineral premix (sodium chloride, tricalcium phosphate, magnesium phosphate, ascorbic acid, vitamin E acetate, ferric orthophosphate, niacinamide, zinc oxide, calcium d-pantothenate, copper gluconate, manganese sulfate, pyridoxine hydrochloride, thiamin mononitrate, vitamin A palmitate, riboflavin, folic acid, chromium chloride, d-biotin, potassium iodide, sodium molybdate, sodium selenite, vitamin K1, cholecalciferol, cyanocobalamin.)

Contains: Soy and milk. Manufactured in a facility that uses tree nuts and wheat.

Medifast®

Cinnamon Pretzel Sticks

67250

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	3 g	5%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	330 mg	14%
Potassium	90 mg	3%
Total Carbohydrate	15 g	5%
Dietary Fiber	4 g	16%
Sugars	3 g	
Protein	11 g	

Calories per Serving: 110

Calories from Fat: 25

Serving Size: 32 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Vegetarian Product
 - ✓ Lactose Free
 - ✓ 0 mg Caffeine
 - ✓ Heart Healthy
- Contains 9 grams of soy*

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	20%
Calcium.....	25%
Iron	20%
Vitamin D	20%
Vitamin E.....	20%
Vitamin K	20%
Thiamin (B1)	20%
Riboflavin.....	20%
Niacin	20%
Vitamin B6.....	20%
Folate	20%
Vitamin B12.....	20%
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

Soy protein isolate, tapioca starch, corn starch, soy flour, sesame seeds, palm oil, pea fiber, inulin, dehydrated cane juice, natural honey, xanthan gum, canola oil, ground cinnamon, salt, baking powder, yeast, vitamin and mineral premix (sodium chloride, tricalcium phosphate, magnesium phosphate, ascorbic acid, vitamin E acetate, ferric orthophosphate, niacinamide, zinc oxide, calcium d-pantothenate, copper gluconate, manganese sulfate, pyridoxine hydrochloride, thiamin mononitrate, vitamin A palmitate, riboflavin, folic acid, chromium chloride, d-biotin, potassium iodide, sodium molybdate, sodium selenite, vitamin K1, cholecalciferol, cyanocobalamin.)

Contains: Soy and treenuts. Manufactured in a facility that uses milk.

Medifast®

Honey Mustard Pretzel Sticks

67260

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	3 g	5%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	330 mg	14%
Potassium	115 mg	3%
Total Carbohydrate	15 g	5%
Dietary Fiber	4 g	16%
Sugars	3 g	
Protein	11 g	

Calories per Serving: 110

Calories from Fat: 25

Serving Size: 32 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Vegetarian Product
 - ✓ Lactose Free
 - ✓ 0 mg Caffeine
 - ✓ Heart Healthy
- Contains 9 grams of soy*

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	20%
Calcium.....	25%
Iron	20%
Vitamin D	20%
Vitamin E.....	20%
Vitamin K	20%
Thiamin (B1)	20%
Riboflavin.....	20%
Niacin	20%
Vitamin B6.....	20%
Folate	20%
Vitamin B12.....	20%
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

Soy protein isolate, tapioca starch, corn starch, soy flour, sesame seeds, palm oil, pea fiber, inulin, natural seasoning (maltodextrose, vinegar, mustard seed, dehydrated jalapeno, sugar, green bell pepper, paprika, turmeric, onion, garlic powder) vitamin mix, xanthan gum, salt, baking powder, yeast, vitamin and mineral premix (sodium chloride, tricalcium phosphate, magnesium phosphate, ascorbic acid, vitamin E acetate, ferric orthophosphate, niacinamide, zinc oxide, calcium d-pantothenate, copper gluconate, manganese sulfate, pyridoxine hydrochloride, thiamin mononitrate, vitamin A palmitate, riboflavin, folic acid, chromium chloride, d-biotin, potassium iodide, sodium molybdate, sodium selenite, vitamin K1, cholecalciferol, cyanocobalamin.)

Contains: Soy and treenuts. Manufactured in a facility that uses milk.