

 Product Claims	Kosher Dairy	Kosher Parve	Non-Kosher	Diabetic Product	Vegetarian Product	Contains Whey	Low Lactose (<1.0gm)	Lactose Free (<0.5gm)	Caffeine Content (mg)	Gluten	Contains Milk	Contains Egg	Contains Fish	Contains Shellfish	Contains Tree Nuts	Contains Wheat	Contains Peanuts	Soy (g)
Medifast 55																		
Dutch Chocolate	✓			✓	✓	✓	✓		2.25	<5ppm	✓	●	●	●		✓		8.00
French Vanilla	✓			✓	✓	✓	✓		0	<5ppm	✓	●	●	●		✓		8.00
Strawberry Crème	✓			✓	✓	✓	✓		0	<5ppm	✓	●	●	●		✓		8.00
Orange Crème	✓			✓	✓	✓	✓		0	<5ppm	✓	●	●	●		✓		8.00
Swiss Mocha	✓			✓	✓	✓	✓		8.70	<5ppm	✓	●	●	●		✓		8.00
Banana Crème	✓			✓	✓	✓	✓		0	<5ppm	✓	●	●	●		✓		8.00
Medifast Ready-to-Drink Shakes																		
Dutch Chocolate	✓			✓	✓			✓	1.23	<5ppm								10.50
French Vanilla	✓			✓	✓			✓	0	<5ppm								11.00
Medifast 70																		
Dutch Chocolate	✓			✓	✓	✓	✓		2.7	<5ppm	✓	●	●	●		●		9.80
French Vanilla	✓			✓	✓	✓	✓		0	<5ppm	✓	●	●	●		✓		10.20
Strawberry Crème	✓			✓	✓	✓	✓		0	<5ppm	✓	●	●	●		✓		10.20
Orange Crème	✓			✓	✓	✓	✓		0	<5ppm	✓	●	●	●		✓		10.20
Swiss Mocha	✓			✓	✓	✓	✓		13.41	<5ppm	✓	●	●	●		✓		10.20
Banana Crème	✓			✓	✓	✓	✓		0	<5ppm	✓	●	●	●		✓		10.20
Medifast Plus for Appetite Suppression																		
Chocolate	✓			✓	✓	✓	✓		2.2	<5ppm	✓	●	●	●		●		9.50
Vanilla	✓			✓	✓	✓	✓		0	<5ppm	✓	●	✓	●		●		9.90
Medifast Plus for Diabetics																		
Chocolate	✓			✓	✓	✓	✓		2.2	<5ppm	✓	●	●	●		●		8.50
Vanilla	✓			✓	✓	✓	✓		0	<5ppm	✓	●	✓	●		●		9.00
Strawberry	✓			✓	✓	✓	✓		0	<5ppm	✓	●	●	●		●		9.00
Medifast Plus for Joint Health																		
Chocolate			✓	✓		✓	✓		2.2	<5ppm	✓	●	✓	●		●		8.60
Vanilla			✓	✓		✓	✓		0	<5ppm	✓	✓	✓	●		✓		9.00
Medifast Plus for Women's Health																		
Chocolate			✓	✓	✓	✓		✓	2.2	+	✓	✓	●	●		✓		10.00
Vanilla			✓	✓	✓	✓		✓	0	+	✓	✓	●	●		✓		10.00
Medifast Plus for Coronary Health																		
Chocolate			✓	✓	✓	✓	✓		2.4	+	✓	●	●	●		✓		9.80
Strawberry			✓	✓	✓	✓	✓		0	+	✓	●	●	●		✓		10.20

Key
 ✓ Contains ingredient
 ● Manufactured in a facility that uses that ingredient.
 ≠ Amount untested or unknown.
 + Contains greater than 5ppm

 Product Claims	Kosher Dairy	Kosher Parve	Non- Kosher	Diabetic Product	Vegetarian Product	Contains Whey	Low Lactose (<1.0g/m)	Lactose Free (<0.5g/m)	Caffeine Content (mg)	Gluten	Contains Milk	Contains Egg	Contains Fish	Contains Shellfish	Contains Tree Nuts	Contains Wheat	Contains Peanuts	Soy (g)
Momentum																		
Cappuccino	✓				✓	✓	✓		100	<5ppm	✓	●	●	●		●		●
Chai Latte	✓				✓	✓	✓		100	<5ppm	✓	●	●	●		●		●
Banana Shake	✓				✓	✓	✓		100	<5ppm	✓	●	●	●		✓		11.20
Green Tea Lemon (Flavor Infuser)			✓		✓			✓	100	<5ppm	●	●	●	●		●		●
Mixed Berry (Flavor Infuser)			✓		✓			✓	100	<5ppm	●	●	●	●		●		●
Strawberry Lemonade (Flavor Infuser)			✓		✓			✓	100	<5ppm	●	●	●	●		●		●
Antioxidants																		
Blueberry	✓			✓	✓	✓		✓	0	<5ppm	✓	●	●	●		●		●
Cherry Pomegranate	✓			✓	✓	✓		✓	0	<5ppm	✓	●	●	●		●		●
Dark Chocolate	✓			✓	✓	✓		✓	12.5	<5ppm	✓	●	●	●		●		●
Citrus Margarita (Flavor Infuser)			✓	✓	✓			✓	0	<5ppm	●	●	●	●		●		●
Raspberry Acai (Flavor Infuser)			✓	✓	✓			✓	0	<5ppm	●	●	●	●		●		●
White Grape Peach (Flavor Infuser)			✓	✓	✓			✓	0	<5ppm	●	●	●	●		●		●
Crunch Bars																		
Chocolate Crunch Bar	✓			✓	✓		✓		7mg	<5ppm	✓				●	●	●	8.7
Chocolate Mint Crunch Bar	✓			✓	✓			✓	7mg	<5ppm	✓				●	●	●	9.2
Peanut Butter Crunch Bar	✓			✓	✓			✓	1mg	<5ppm	✓				●	●	✓	8.4
Lemon Meringue Crunch Bar	✓			✓	✓	✓	✓		<0.1mg	<5ppm	✓				●	●	●	9.3
Oatmeal Raisin Crunch Bar	✓			✓	✓			✓	<0.1mg	<5ppm	✓				●	●	●	9.3
Caramel Crunch Bar	✓			✓	✓			✓	<0.1mg	<5ppm	✓				●	●	✓	9.3
Fruit & Nut Crunch Bar	✓			✓	✓			✓	<0.1mg	<5ppm	✓				✓	●	✓	8.7
S'more Crunch Bar	✓			✓	✓		✓		1mg	<5ppm	✓				●	●	●	9.1
Cinnamon Roll Crunch Bar	✓			✓	✓			✓	<0.1mg	<5ppm	✓				●	●	●	9.5
Strawberry Crunch Bar	✓			✓	✓			✓	<0.1mg	<5ppm	✓				●	●	●	9.2
Maintenance Bars																		
Chocolate Mint	✓			✓	✓	✓	✓		≠	<5ppm	✓				●	●	●	✓
Oatmeal Raisin	✓			✓	✓	✓	✓		0	<5ppm	✓				●	●	●	✓
Caramel Nut	✓			✓	✓	✓	✓		≠	<5ppm	✓				●	●	✓	✓
Oatmeal																		
Apple Cinnamon	✓			✓	✓			✓	0	+	●	●	●	●		✓		8.10
Blueberry	✓			✓	✓			✓	0	+	●	●	●	●		✓		8.10
Maple & Brown Sugar	✓			✓	✓			✓	0	+	●	●	●	●		✓		8.10
Peach Oatmeal	✓			✓	✓			✓	0	+	✓	●	●	●		✓		8.00
Fruit Drinks																		
Tropical Punch			✓	✓	✓			✓	0	<5ppm	✓	●	●	●		●		●
Cranberry Mango			✓	✓	✓	✓		✓	0	<5ppm	✓	●	●	●		●		●

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Iced Tea																		
Peach			✓	✓	✓	✓		✓	0	<5ppm	✓	●	●	●		●		●
Raspberry			✓	✓	✓	✓		✓	0	<5ppm	✓	●	●	●		●		●
Pudding																		
Chocolate	✓			✓	✓	✓		✓	2.4	<5ppm	✓	●	●	●		●		3.00
Vanilla	✓			✓	✓	✓		✓	0	<5ppm	✓	●	●	●		●		3.00
Banana	✓			✓	✓	✓		✓	0	<5ppm	✓	●	●	●		●		3.00
Soups																		
Cream of Broccoli			✓	✓		✓		✓	0	<5ppm	✓	●	●	●		✓		✓
Cream of Chicken			✓	✓		✓	✓		0	<5ppm	✓	●	●	●		✓		✓
Cream of Tomato	✓			✓	✓	✓	✓		0	<5ppm	✓	●	●	●		✓		●
Chicken Noodle Soup			✓	✓				✓	0	+	●	✓	●	●		✓		9.70
Chicken & Wild Rice Soup			✓	✓				✓	0	<5ppm	●	●	●	●		●		3.40
Beef Vegetable Stew			✓	✓				✓	0	<5ppm	●	●	●	●		✓		4.90
Homestyle Chili			✓	✓				✓	0	≠	●	●	●	●		✓		10.5
MD Crab Soup			✓	✓				✓	0	<5ppm	●	●	●	✓		●		10.0
Hot Drinks																		
Cappuccino	✓			✓	✓	✓	✓		0	<5ppm	✓	●	●	●		●		●
Chai Latte	✓			✓	✓	✓	✓		0	<5ppm	✓	●	●	●		●		●
Hot Cocoa	✓			✓	✓	✓	✓		2.6	<5ppm	✓	●	●	●		●		●
Eggs																		
Scrambled Eggs			✓	✓	✓			✓	0	<5ppm	●	✓	●	●		●		●
Pretzels																		
Cinnamon Toast Pretzel Sticks	✓			✓	✓			✓	0	≠	●				✓			✓
Honey Mustard Pretzel Sticks	✓			✓	✓			✓	0	≠	●				✓			✓
Puffs																		
Chili Nacho	✓			✓	✓	✓			0	≠	✓				●	●		✓
Parmesan Cheese	✓			✓	✓	✓			0	≠	✓				●	●		✓
Crackers																		
Multi-grain			✓	✓	✓			✓	0	+						✓		●
Garden Vegetable			✓	✓	✓			✓	0	+						✓		●
Soy Crisps																		
Apple Cinnamon		✓		✓	✓			✓	0	<5ppm	●					●		✓
White Cheddar	✓			✓	✓			✓	0	<5ppm	✓					●		✓
Ranch	✓			✓	✓			✓	0	<5ppm	✓					●		✓

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