

Optifast® Welcome Pack

The Optifast® range provides a selection of tasty products that have been developed specifically for medically-supervised weight loss.



About Optifast®



Optifast® Shakes

Optifast® shakes are easy to prepare and a great tasting way to get the nutrients you need. Each one is high in protein and a good source of fibre, as well as being easy to drink on the move.



Optifast® Soups

Optifast® soups offer a hot alternative to shakes that are ideal for lunch or dinner times. They can be used to replace individual meals, or as part of a total diet replacement (four Optifast® portions per day), helping to make sure you get all the vitamins and minerals your body needs while you are having a low energy intake.



Optifast® Meal Bars

Each Optifast® Bar is high in protein and fibre and is a handy way for you to eat on the move and carry on with your day.



Optifibre®

Optifibre® is a powdered soluble dietary fibre that mixes easily in hot and cold liquids and foods, including Optifast® shakes, without affecting texture or taste. Your healthcare professional will tell you if you need to take Optifibre, and how much to take.



Order from www.nhscsamples.co.uk

If you have any questions or problems with the website or your order please refer to the contact us section of the website where you can email or use the Live Chat option. Alternatively you can call us on 08004703241.

Why Optifast®?



Nutritionally Complete & Balanced

Optifast® products are based on scientifically designed recipes developed by a team of experts.

Optifast® brings you nutritionally complete* & balanced options proven to help you lose and keep off excess weight.

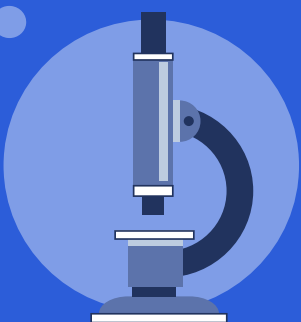
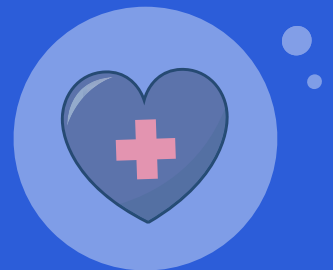
Our experts work hard to provide the right balance of macro nutrients (proteins, carbohydrates and fats) in every product.

**when used as a total diet replacement, 4 products per day.*

Medically endorsed

We work closely with the medical community to ensure our Optifast® diet plans and products adhere to the highest standards:

- The Optifast® Programmes are supported by and conducted through many of the world's leading Medical Institutions and by many advisory boards of experts in the field of obesity.
- Doctors around the world use Optifast® programmes to help their patients lose weight safely and effectively.
- Our nutrition experts partner with leading clinicians at globally renowned universities to push the science of weight loss forward.
- Our products are developed with strict attention to government health agency guidelines around the world.
- Our nutrition experts partner with scientific organisations at the forefront of obesity management.



Clinically Proven

Optifast® products are backed by strong clinical evidence that shows the diet plans can help people achieve sustainable weight loss. Our scientists are continually updating the Optifast® products and programmes to reflect the latest weight loss science.

Hassle free product ordering

- Choose how much and how often you order.
- Select your preferred flavours and formats.
- Reliable delivery and tracking.
- Easy repeat ordering with history tracking.



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Optifast® Shakes

Optifast® Shakes are tasty and provide all your essential nutrients* developed specifically for medically supervised weight loss. Each Optifast® sachet provides approximately 200 kcal per serving and 20g of protein.

Available in four flavours: Vanilla, Chocolate, Strawberry and Coffee.

- ✓ Clinically proven weight loss solution
- ✓ Replaces all your daily required meals*
- ✓ Great tasting
- ✓ Approx. 200 calories only per serving
- ✓ Recommended use under medical supervision



Only suitable for Adults



Gluten Free



Halal



Not suitable for Pregnant or Lactating Women

Usage instructions



Dissolve contents of 1 sachet in 200ml of cool water



Mix with a shaker, fork or whisk



Drink immediately



Store un-opened in a cool dry place



Best before on box



Box contains: 12 sachets (53g / 1 meal each)

Warnings: We recommend that Optifast® is used under medical supervision, especially if using as a total diet replacement for more than three weeks. You should maintain a good fluid intake as recommended by your healthcare professional. Alcohol and excessive caffeine should be avoided as it can lead to dehydration.

*when used as a total diet replacement, 4 products per day.

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Optifast® Soups

Optifast® Vegetable Soup is tasty and provides all your essential nutrients* developed specifically for medically supervised weight loss. Each Optifast® sachet provides approximately 200 kcal per serving.

Available in Vegetable flavour.

- ✓ Clinically proven weight loss solution
- ✓ Replaces all your daily required meals*
- ✓ Great tasting
- ✓ Approx. 200 calories per serving
- ✓ Recommended use under medical supervision



Only suitable for Adults



Gluten Free



Halal



Not suitable for Pregnant or Lactating Women



Usage instructions

- Dissolve contents of 1 sachet in 200ml of hot water (60 degrees max.)
- Mix with a fork or whisk
- Drink immediately
- Store un-opened in a cool dry place
- Best before on box

Important: You can make up your soup using kettle water but we recommend allowing the water to cool down slightly before making up your soup. The water should be hot, but not boiling.

Mixing Tips

- Mix the powder with a little bit of water to make a paste first and then gradually add water whilst stirring
- Shake the sachet first to break the powder up before pouring into a cup or bowl

Box contains: 12 sachets (54g / 1 meal each)

Warnings: We recommend that Optifast® is used under medical supervision, especially if using as a total diet replacement for more than three weeks. You should maintain a good fluid intake as recommended by your healthcare professional. Alcohol and excessive caffeine should be avoided as it can lead to dehydration.

*when used as a total diet replacement, 4 products per day.

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Optifast® Meal Bars

Great tasting Optifast® Meal Bars are a delicious and convenient part of the Optifast® programme. They are ready to eat, high in protein and a source of fibre.

Available in two flavours: Chocolate and Berry.

- ✓ **High in protein*** - the high protein content may help to maintain muscle mass during weight loss
- ✓ **Rich in vitamins & minerals*** - helping to provide the body with the important nutrients it needs
- ✓ **For when you are on the go** - great as a balanced meal when you're on the move

*As required by the legislation



Vegetarian



Only suitable
for Adults



Halal



Not suitable for
Pregnant or
Lactating Women

Box contains:

- 6 x 70g bars - Chocolate flavour
- 6 x 65g bars - Berry flavour

Warnings: We recommend that Optifast® is used under medical supervision, especially if using as a total diet replacement for more than three weeks. You should maintain a good fluid intake as recommended by your healthcare professional. Alcohol and excessive caffeine should be avoided as it can lead to dehydration. We recommend only 1 bar per day.

Order from www.nhscsamples.co.uk

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Optifast® Vegetarian Programme

- Vanilla shake
- Chocolate shake
- Strawberry shake
- Vegetable soup
- Shakes: 15 sachets per pack
- Soups: 10 sachets per pack



- Berry
- Chocolate
- 6 bars per pack

Easy Preparation



Important Information

- ✓ MERITENE® products on their own are not total diet replacements for weight control. However, when taken in the right quantities alongside OPTIFAST® products, you will still receive the required level of protein, fibre and vitamins and minerals set out in European Directive 96/8/EC for total diet replacement.
- ✓ To ensure that you receive the right amount of essential fats in your diet while on the programme, you will also need to take a teaspoon of sunflower oil every day.
- ✓ It is important that you do not exceed a daily intake of 2 OPTIFAST® bars. MERITENE® Soup should only be consumed once a day as part of your MERITENE® allowance.
- ✓ On the next page you will find two Meal Plans that have been approved by your healthcare professional. It is important that you stick to these Meal Plans as they have been carefully designed to make sure you receive all the nutrition you need.
- ✓ If you have any queries or concerns about the programme, speak to your healthcare professional.



Our Nestle Health Science OPTIFAST® vegetarian programme has been designed to include a selection of OPTIFAST® and MERITENE® products.



OPTIFAST® bars are suitable for vegetarians and can be used to replace up to two daily meals as part of the OPTIFAST® vegetarian programme. The bars are available in berry and chocolate flavours.



We offer a vegetarian range of MERITENE® products that can be taken with the OPTIFAST® bars to give a nutritionally complete and tasty alternative.



In order to make sure you are consuming the correct amount of calories and receiving a nutritionally complete diet the products must be consumed in certain quantities, see 'Meal Plans' for the different options.

Meal Plans

To ensure the correct number of calories are consumed and the correct levels of vitamins and minerals are included to make the programme nutritionally complete it is important to follow one of the approved Meal Plans below:

Meal Plan 1



Any **3** MERITENE® shakes made up with **water**

+



Any **2** OPTIFAST® bars

+



1tsp sunflower oil

Meal Plan 2



Any **2** MERITENE® shakes made up with **water**

+



1 MERITENE® soup made up with **water**

+



Any **2** OPTIFAST® bars

+



1tsp sunflower oil

IMPORTANT: Do not exceed daily consumption of two OPTIFAST® bars. You should consume a maximum of three MERITENE® products daily. MERITENE® soup can be included only once per day.

TIP: the 1 tsp sunflower oil can be simply mixed into the shakes and soups with no other preparation needed. Low carbohydrate salad can be consumed, see below meal plan. Ensure you are drinking plenty of fluids for good hydration.

Meal Plans

Meal Plan 1 - example

- **Breakfast:** MERITENE® vanilla shake
- **Mid-morning:** OPTIFAST® berry bar
- **Lunch:** MERITENE® Chocolate shake
- **Mid-afternoon:** OPTIFAST® chocolate bar
- **Evening:** Small salad (lettuce, tomato, cucumber, with 1tsp sunflower oil and mixed herbs as a dressing) Plus 1 x Strawberry MERITENE® Shake frozen as ice cream for dessert

OR

- **Evening:** MERITENE® Strawberry Shake mixed with 1tsp sunflower oil

Meal Plan 2 - example

- **Breakfast:** OPTIFAST® berry bar
- **Mid-morning:** MERITENE® strawberry shake
- **Lunch:** OPTIFAST® chocolate bar
- **Mid-afternoon:** MERITENE® chocolate shake
- **Evening:** MERITENE® vegetable soup plus small side salad (lettuce, tomatoes and cucumber with 1 tsp sunflower oil and mixed herbs as a dressing)

OR

- **Evening:** MERITENE® vegetable soup mixed with 1tsp sunflower oil

How to order

Sign up

1

Welcome to the Nestlé Health Science Sample Service.
For Healthcare Professionals Only.

Sign In

Username

Password

[Sign In](#)

[Don't have an account yet? Click here to Register](#)

Even if you have already registered for the N+ Education Hub, you will need to also register for the Sample Service.

Forgotten Password?

Enter your username below and a password reset link will be sent to the registered email address associated with your account.

[SEND](#)

Placing your order couldn't be simpler

Just follow these steps:

- ✓ Click 'Place Order' and select your products.
- ✓ Enter the quantities you would like.
- ✓ Add the items to your shopping basket.
- ✓ Proceed through the checkout process.
- ✓ Deliver direct to a patient or healthcare professional.

Click the below link to set up a new account:

www.nhscsampleservice.co.uk

2

Nestlé HealthScience

Search for a product or brand...

Account

[Our Products](#) [Your Orders](#) [About Us](#) [Help & Information](#)

You have enough products to cover you over Christmas. Order by 5pm on 21st December to receive your products before Christmas. Any orders placed after this date will be received after 2

About You

Full Name:

NHS Contract Code

Enter your Contract ID

Please enter your NHS Contract ID as provided by your Health Care Professional.

Email Address:
Please use the same email address as provided by your Health Care Professional.

Confirm Email:

Password:

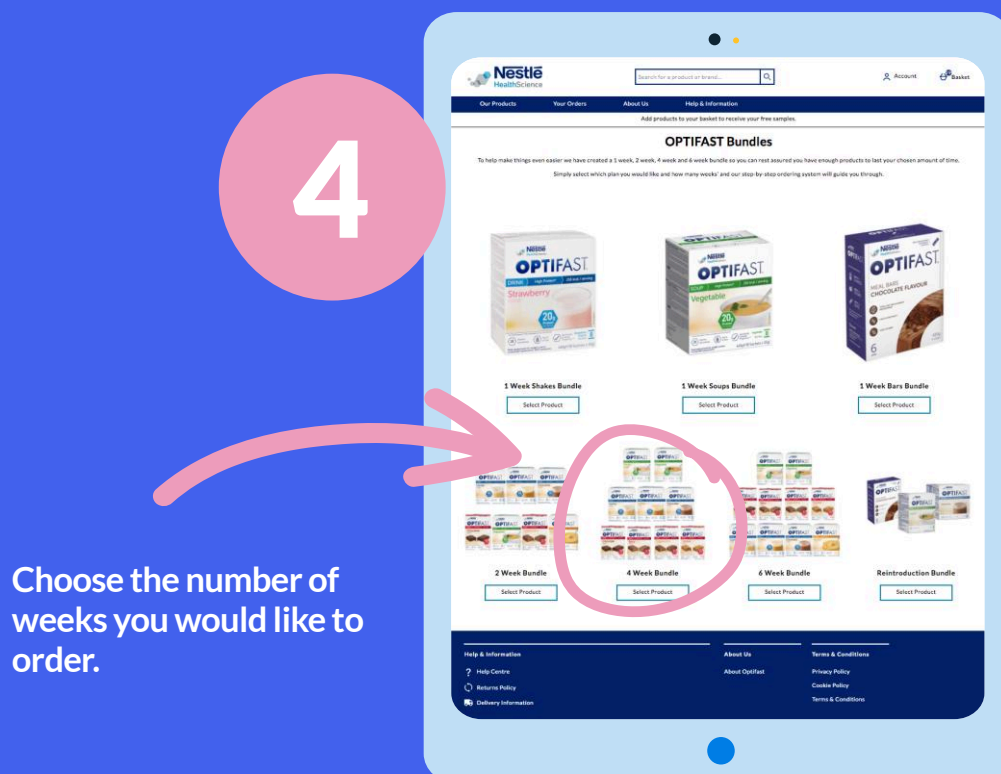
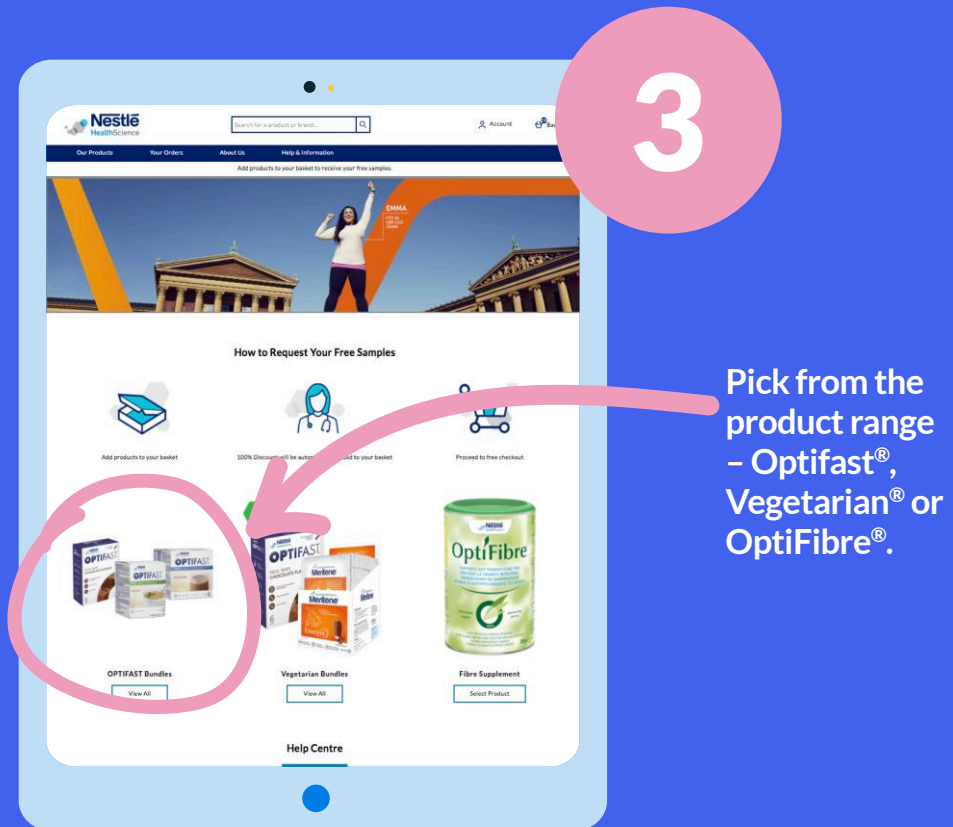
Must be a minimum of 10 characters long and contain at least one uppercase letter, one lowercase letter, one special character, one number and not match your email.

Show Password ☐

NHS contract code will be given to you by your Dietitian.

Select product type – Optifast® bundle

If you have any questions around the ordering of your products please contact customer services on 08004703241 or use our Live Chat for an instant response.



Select product mix – example 4 week bundle

5

Instructions at the top of the page explain that each product type has a certain required allocation, in this case 4 weeks.

Above each product shows how many boxes you can order to reach the weekly allocation.

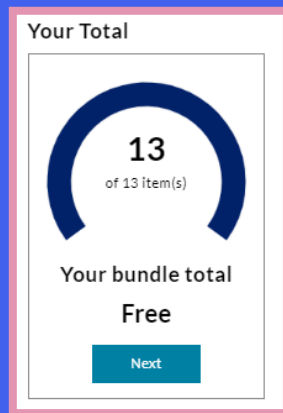
The counter shows how many products you have selected and how many left – you can see here 11 of the 13 products have been selected so far.

6

The tick shows that the full allocation of this product has been selected – in this case 5 of 5.

There is no green tick as only 2 of the 5 boxes have been selected.

Order review



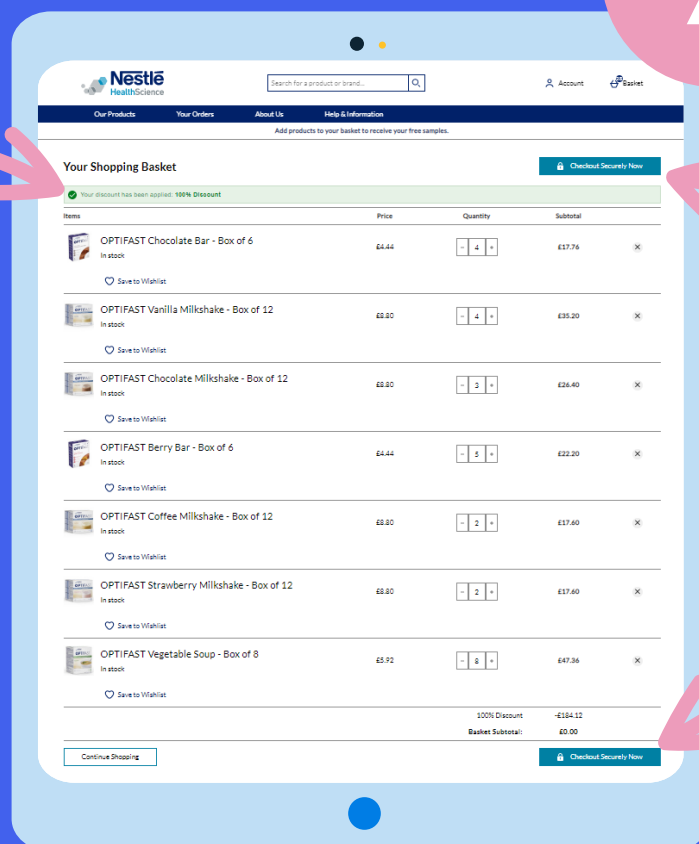
Once you have selected all products the NEXT button will appear.

Click NEXT



7

The green bar shows that 100% discount has been applied and you will receive all product free of charge

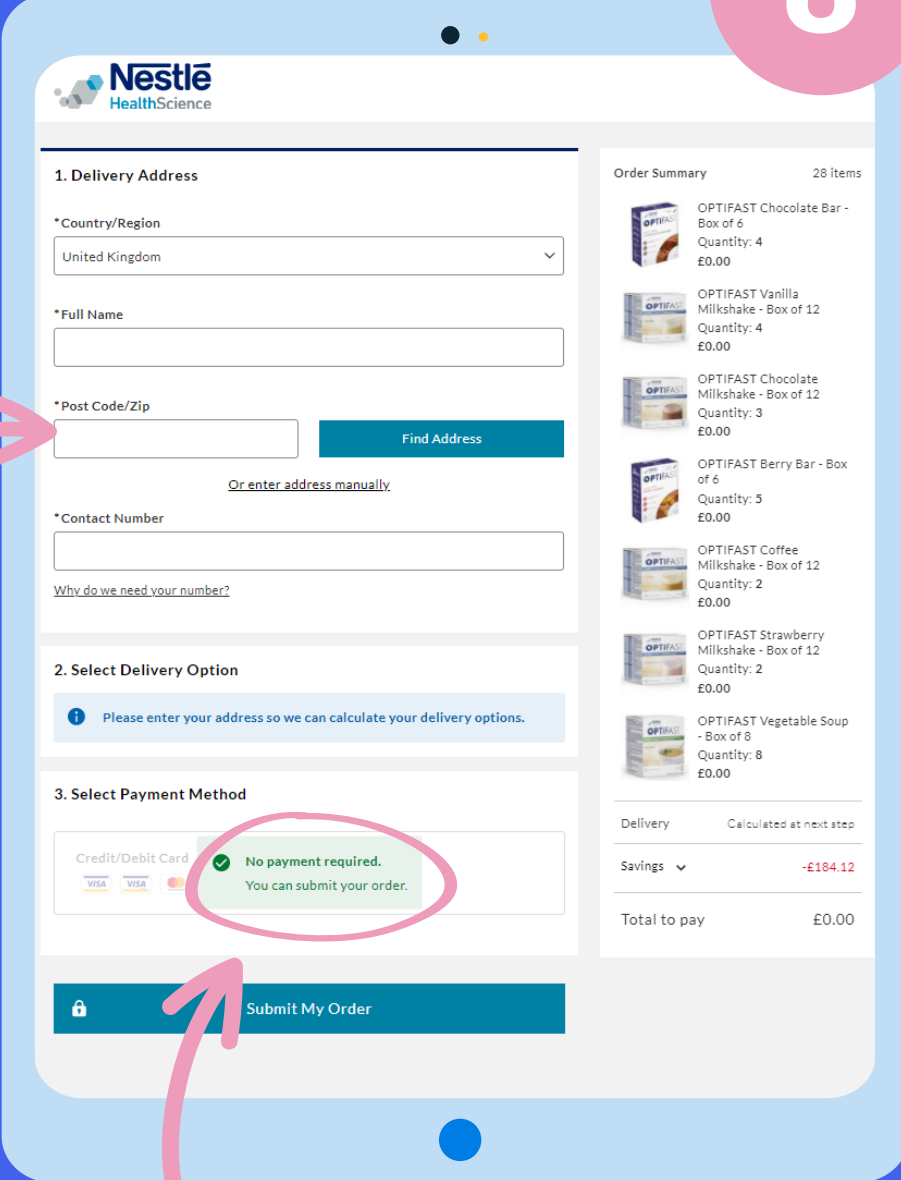


Once you have checked your order you can click here or below to check out

Checkout

8

Auto-populates
address from
postcode



The image shows a checkout page for Nestlé HealthScience. The page is divided into three main sections: 1. Delivery Address, 2. Select Delivery Option, and 3. Select Payment Method. The Delivery Address section has fields for Country/Region (United Kingdom), Full Name, Post Code/Zip, and Contact Number. A pink arrow points to the Post Code/Zip field with the text 'Auto-populates address from postcode'. The Select Delivery Option section has a message: 'Please enter your address so we can calculate your delivery options.' The Select Payment Method section shows 'Credit/Debit Card' as the selected method, with a green checkmark and the text 'No payment required. You can submit your order.' A pink circle highlights this message. At the bottom, there is a 'Submit My Order' button with a lock icon. A pink arrow points to this button with the text 'Highlights no payment'. On the right side, there is an 'Order Summary' section showing 28 items, including OPTIFAST Chocolate Bar, Vanilla Milkshake, Chocolate Milkshake, Berry Bar, Coffee Milkshake, Strawberry Milkshake, and Vegetable Soup, with their respective quantities and prices. The total to pay is £0.00.

1. Delivery Address

*Country/Region
United Kingdom

*Full Name

*Post Code/Zip

Find Address

[Or enter address manually.](#)

*Contact Number

[Why do we need your number?](#)

2. Select Delivery Option

Please enter your address so we can calculate your delivery options.

3. Select Payment Method

Credit/Debit Card

✓ No payment required.
You can submit your order.

Order Summary 28 items

OPTIFAST Chocolate Bar - Box of 6
Quantity: 4
£0.00

OPTIFAST Vanilla Milkshake - Box of 12
Quantity: 4
£0.00

OPTIFAST Chocolate Milkshake - Box of 12
Quantity: 3
£0.00

OPTIFAST Berry Bar - Box of 6
Quantity: 5
£0.00

OPTIFAST Coffee Milkshake - Box of 12
Quantity: 2
£0.00

OPTIFAST Strawberry Milkshake - Box of 12
Quantity: 2
£0.00

OPTIFAST Vegetable Soup - Box of 8
Quantity: 8
£0.00

Delivery Calculated at next step

Savings -£184.12

Total to pay £0.00

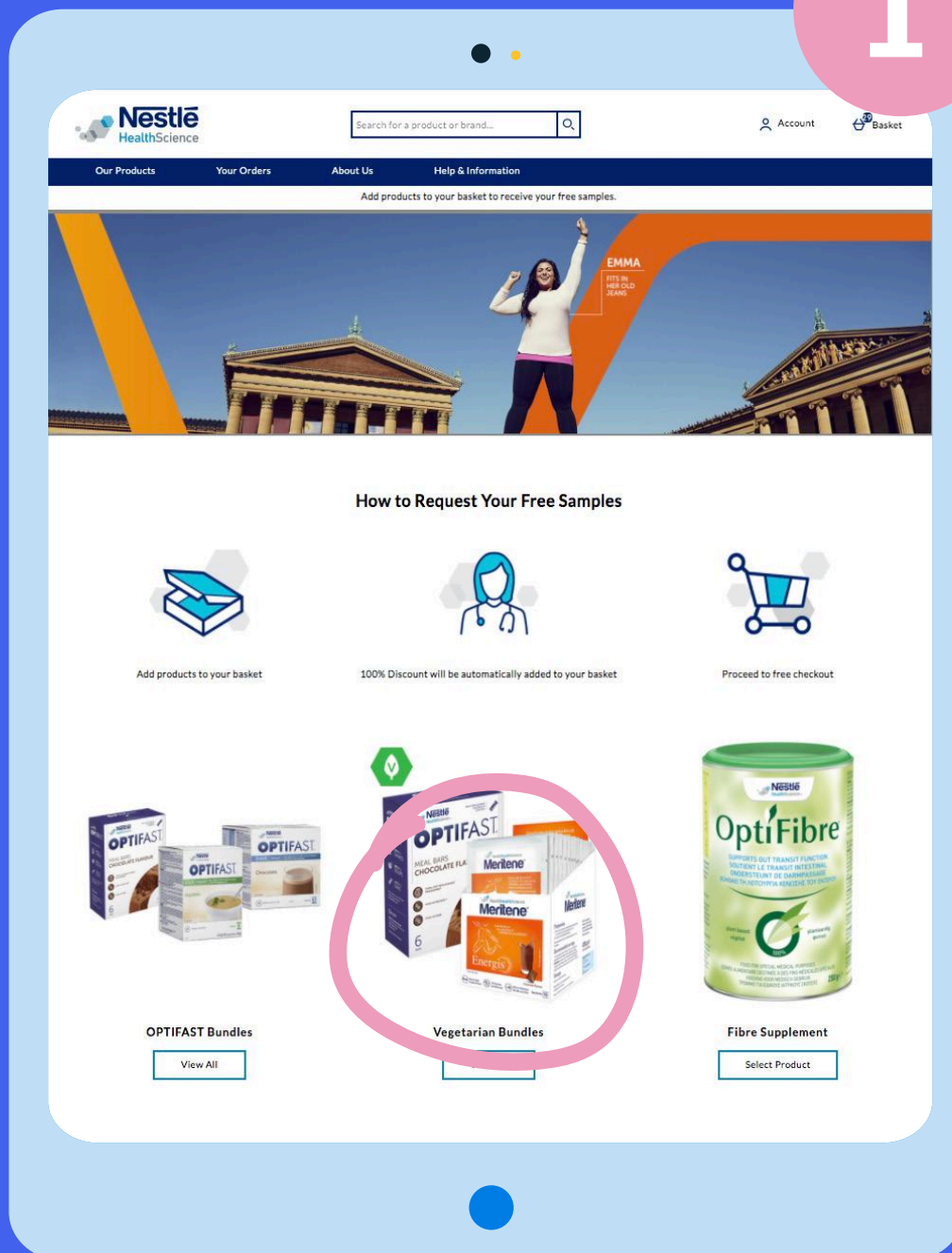
Submit My Order

Highlights no
payment

Select product type – Vegetarian bundle

If you have any questions around the ordering of your products please contact customer services on 08004703241 or use our Live Chat for an instant response.

1



Vegetarian landing page

2

There are 2 meal plans available:

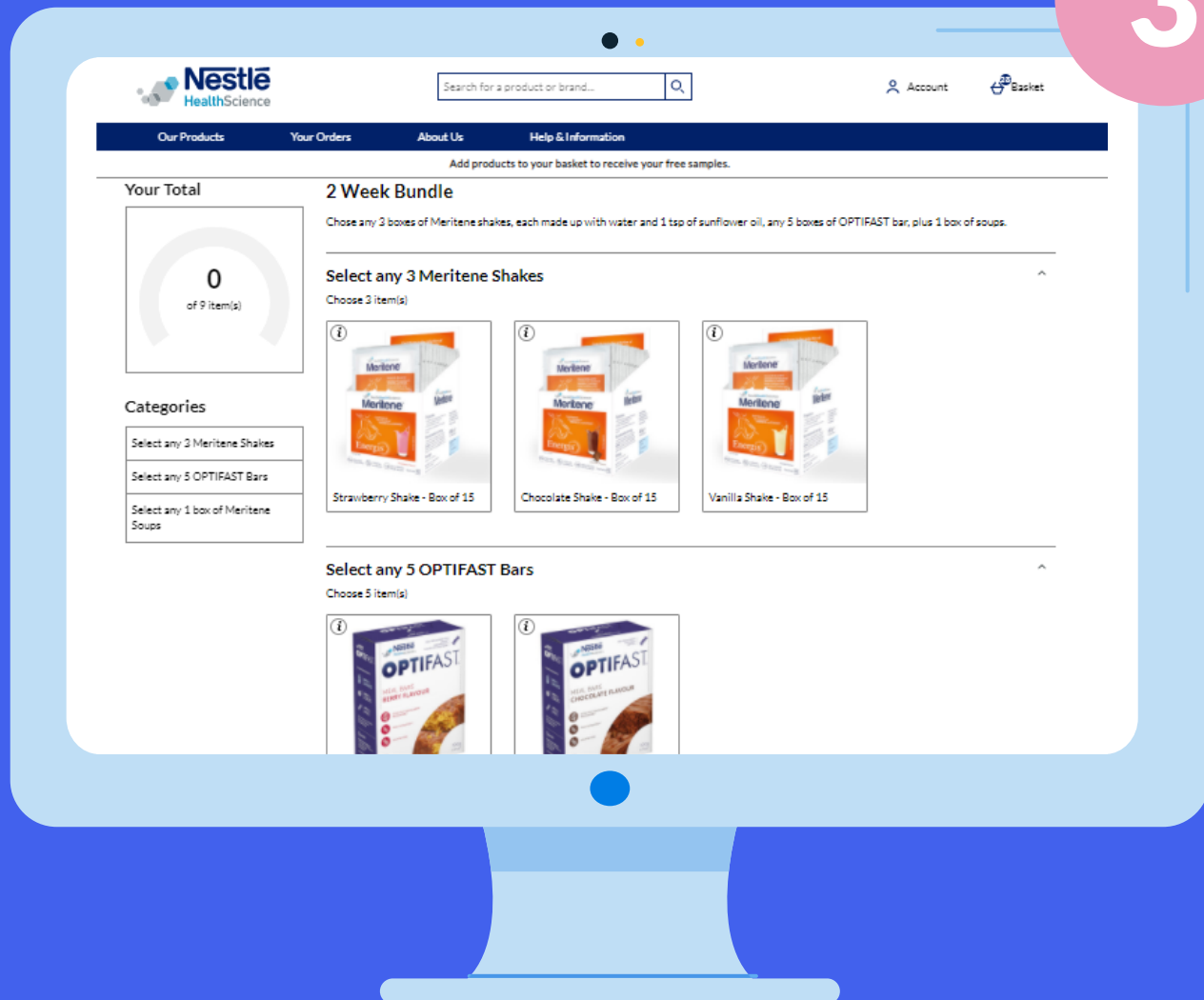
Meal plan 1 includes shakes and bars

Meal plan 2 includes soup as well as shakes and bars



Select vegetarian product mix – example 2 week bundle

3

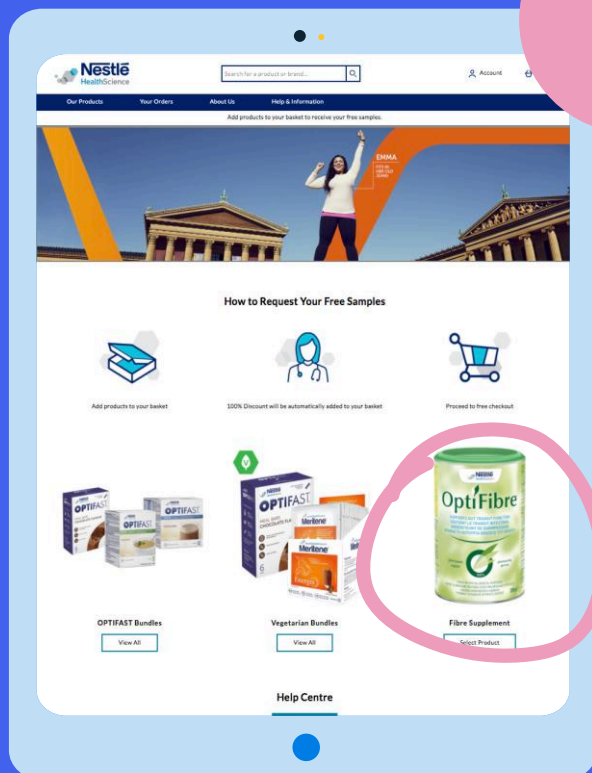


From here the journey works exactly the same as
pages 16 to 18, just with different product mix.

Follow steps 5 - 8

Select product type – OptiFibre®

1



There is only 1 product of OptiFibre so it takes you directly to the check out page when you select from the homepage.

Follow steps 7-8 on pages 14 and 15.

2



If you have any questions around the ordering of your products please contact customer services on 08004703241 or use our Live Chat for an instant response.

You should receive a text or email from the courier e.g. Hermes, Royal Mail.
Any concerns with your delivery, please contact them direct.