

Optifast® Welcome Pack

Quick & Easy
Ordering
System!



Optifast®

Welcome Pack

The Optifast® range provides a selection of tasty products that have been developed specifically for medically-supervised weight loss. They can be used as meal replacements or for total diet replacement, depending on the desired outcomes.

The total diet replacement Optifast® programme is broken into three easy to follow phases – Weight loss, Reintroduction to food and Healthy lifestyle maintenance. The weight loss phase will involve you replacing all your daily meals with Optifast®. No additional food will be allowed during this phase.

Optifast® can also be used as a meal replacement which means you can create your own plan by deciding how many meals a day you would like to replace with Optifast®. The more meals you choose to replace, the more weight you can lose.



Order from www.nhscsamples.co.uk

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.



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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

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



Only suitable for Adults



Gluten Free



Halal



Not suitable for Pregnant or Lactating Women

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.

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