

31st January 2024

Dear Valued Customer,

OPTIFAST® VLCD SOUPS CHANGE OVER

Nestlé Health Science is excited to launch our delicious NEW OPTIFAST VLCD Soup Range. We have updated the flavour and texture of the range by reformulating the Chicken Flavour and Tomato Country Style soup recipes, and replacing the Vegetable Soup with a new Potato & Leek Soup recipe.'



Please find below product details to assist with ordering.

	Current	New
Name	OPTIFAST VLCD SOUP Chicken 10(8x53g) AU	OPTFT VLCD SOUP Chicken 10(8x53g) N1 AU
Nestlé Code	12335856	12516741
Change Over Date	11/1/24	11/1/24
Name	OPTFT VLCD SOUP Tom 10(8x53g) AU	OPTFT VLCD SOUP Tom 10(8x53g) N1 AU
Nestlé Code	12335969	12516734
Change Over Date	11/1/24	11/1/24
Name	OPTFT VLCD SOUP Vegetable 10(8x53g) AU	OPTFT VLCD SOUP Potato Leek 10(8x53g) AU
Nestlé Code	12335966	12516736
Change Over Date	11/1/24	11/1/24

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New Ingredient Lists

Chicken Flavour Soup

Milk Protein (Calcium Caseinate, Whey Protein), Corn Starch, Hydrolysed collagen (Bovine), Minerals (Potassium Phosphate, Sodium Chloride, Calcium Citrate, Magnesium Citrate, Potassium Citrate, Ferric Pyrophosphate, Calcium Carbonate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Sodium Selenite, Chromium Chloride, Sodium Molybdate, Potassium Iodide), Thickener (1442), Vegetable Oil (Rapeseed, Sunflower), Acacia Gum, Fructo-Oligosaccharides, Flavour, Inulin, Dried Parsley, Emulsifier (**Soy** Lecithin), Vitamins (C, E, Niacin, Pantothenic Acid, B6, B2, B1, A, K, Biotin, Folic Acid, D, B12), Glucose, Sweetener (Acesulfame Potassium), Colour (Curcumin).

Contains Milk, Soy.

Gluten Free

Tomato Country Style Soup

Tomato (30%), **Milk** Protein (Calcium Caseinate, Whey Protein), Hydrolysed Collagen (Bovine), Vegetable Oil (Rapeseed, Sunflower), Corn Starch, Minerals (Sodium Chloride, Magnesium Citrate, Sodium Phosphate, Calcium Citrate, Calcium Phosphate, Potassium Phosphate, Ferric Pyrophosphate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Sodium Selenite, Chromium Chloride, Sodium Molybdate, Potassium Iodide), Thickener (1442), Acacia gum, Fructo-Oligosaccharides, Colour (Beetroot, Paprika), Inulin, Dried Parsley, Vitamins (C, E, Niacin, Pantothenic Acid, B6, B2, B1, A, K, Biotin, Folic Acid, D, B12), Glucose, Flavour, Emulsifier (**Soy** Lecithin).

Contains Milk, Soy.

Gluten Free

Potato & Leek Soup

Milk Protein (Calcium Caseinate, Whey Protein), Hydrolysed Collagen (Bovine), Corn Starch, Minerals (Sodium Chloride, Potassium Phosphate, Magnesium Citrate, Potassium Citrate, Calcium Citrate, Calcium Phosphate, Ferric Pyrophosphate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Sodium Selenite, Chromium Chloride, Sodium Molybdate, Potassium Iodide), Vegetable oil (Rapeseed, Sunflower), Potato (7%), Thickener (1442), Acacia Gum, Dried Leek (2,3%), Fructo-Oligosaccharide, Spinach, Inulin, Flavour, Dried Chive, Emulsifier (**Soy** Lecithin), Vitamins (C, E, Niacin, Pantothenic Acid, B6, B2, B1, A, K, Biotin, Folic Acid, D, B12), Glucose, Sweetener (Acesulphame Potassium), Colour (Curcumin).

Contains Milk, Soy.

Gluten Free

Please see below a comparison of the nutrition information between the current and new soups:

OPTIFAST® VLCD™	Units	Tomato Soup CURRENT			Tomato Country Style Soup NEW		
		Ave Quantity Per Serving	Ave Quantity Per 100g	Ave Quantity Per 100mL (made up with 200mL water)	Ave Quantity Per Serving	Ave Quantity Per 100g	Ave Quantity Per 100mL (made up with 200mL water)
Energy	kJ	840	1580	354	843	1590	333
	Cal	201	379	85	201	379	79
Protein	g	20	37.7	8.4	20.4	38.5	8.1
- Collagen	g	-	-	-	6.9	13	2.7
Fat, total	g	4.5	8.5	1.9	4.3	8.1	1.7
- Saturated	g	0.9	1.7	0.4	0.5	0.85	0.2
- Linoleic acid	g	1.2	2.2	0.5	1.3	2.5	0.5
- α-Linolenic acid	mg	196	370	83	212	400	84
Carbohydrate	g	18.2	34.4	7.7	18.3	34.5	7.2
- Sugars	g	10.1	19	4.3	8.5	16	3.4
- Lactose	g	8.0	15	3.4	0.3	0.5	0.1
Dietary Fibre	g	3.6	6.8	1.5	3.6	6.8	1.4
Sodium	mg	725	1370	305	650	1225	255
Vitamin A	µg RE	345	650	146	320	604	127
Thiamin (B1)	mg	0.58	1.10	0.25	0.58	1.1	0.23
Riboflavin (B2)	mg	0.69	1.30	0.29	0.77	1.45	0.30
Niacin	mg NE	8.0	15	3.4	10.6	20	4.2
Pantothenic Acid	mg	2.7	5	1.1	2.8	5.3	1.1
Vitamin B6	mg	1.0	1.9	0.4	1.1	2.1	0.4
Biotin	µg	9.8	18.5	4.1	30	56	12
Folic Acid	µg	111	210	47	110	208	44
Vitamin B12	µg	1.1	2	0.4	1.3	2.5	0.5
Vitamin C	mg	40	75	17	50	95	20
Vitamin D	µg	3.7	7	1.6	2.5	4.8	1.0
Vitamin E	mg TE	7.4	14	3.1	9	17	3.6
Vitamin K	µg	37.1	70	15.7	41	77	16
Calcium	mg	420	800	180	380	720	150
Chromium	µg	15.9	30	6.7	22.8	43	9.0
Copper	mg	1.1	2	0.4	0.9	1.7	0.4
Fluoride	µg	345	650	145	-	-	-
Iodine	µg	93	175	39	73	138	29

Iron	mg	8.0	15	3.4	8.5	16	3.4
Magnesium	mg	160	300	67	160	300	63
Manganese	mg	0.8	1.5	0.3	1.1	2.0	0.4
Molybdenum	µg	24	45	10	23	44	9.2
Phosphorus	mg	360	680	150	330	625	130
Selenium	µg	40	75	16.8	26	49	10
Zinc	mg	4.2	7.9	1.8	5.0	9.4	2.0
Potassium	mg	955	1800	405	830	1570	330
Chloride	mg	1030	1950	440	795	1500	315
Gluten	mg/kg	Nil detected			Nil detected		

OPTIFAST® VLCD™	Units	Chicken Flavour Soup CURRENT			Chicken Flavour Soup NEW		
		Ave Quantity per serving	Ave Quantity per 100 g	Ave Quantity Per 100mL (made up with water)	Ave Quantity per serving	Ave Quantity per 100 g	Ave Quantity Per 100mL (made up with 200mL water)
Energy	kJ	840	1580	354	843	1590	333
	Cal	201	379	85	201	379	79
Protein	g	20	37.7	8.4	20.4	38.5	8.1
- Collagen	g	-	-	-	8.5	16	3.4
Fat, total	g	4.5	8.5	1.9	4.3	8.1	1.7
- Saturated	g	0.9	1.7	0.4	0.5	0.85	0.2
- Linoleic acid	g	1.2	2.2	0.5	1.2	2.3	0.5
- α-Linolenic acid	mg	196	370	83	201	380	80
Carbohydrate	g	18.2	34.4	7.7	18.3	34.5	7.2
- Sugars	g	10.1	19	4.3	0.9	1.7	0.4
- Lactose	g	9.5	18	4.0	0.3	0.5	0.1
Dietary Fibre	g	3.6	6.8	1.5	3.6	6.8	1.4
Sodium	mg	645	1220	275	640	1210	255
Vitamin A	µg RE	345	650	146	320	604	127
Thiamin (B1)	mg	0.58	1.10	0.25	0.55	1.0	0.22
Riboflavin (B2)	mg	0.74	1.40	0.31	0.80	1.50	0.31
Niacin	mg NE	8.0	15	3.4	10.6	20	4.2
Pantothenic Acid	mg	2.7	5	1.1	2.8	5.3	1.1
Vitamin B6	mg	1.0	1.9	0.4	1.10	2.1	0.4
Biotin	µg	10.6	20	4.5	30	56	12
Folic Acid	µg	111	210	47	110	208	44
Vitamin B12	µg	1.1	2	0.4	1.3	2.5	0.5

Vitamin C	mg	40	75	17	40	75	16
Vitamin D	µg	3.7	7	1.6	2.5	4.8	1.0
Vitamin E	mg TE	7.4	14	3.1	6.9	13	2.7
Vitamin K	µg	31.8	60	13.4	36	68	14
Calcium	mg	420	800	180	380	720	150
Chromium	µg	15.9	30	6.7	18.6	35	7.3
Copper	mg	1.1	2	0.4	0.80	1.5	0.3
Fluoride	µg	345	650	145	-	-	-
Iodine	µg	98	185	41	73	138	29
Iron	mg	8.0	15	3.4	8.0	15	3.1
Magnesium	mg	160	300	67	160	300	63
Manganese	mg	0.8	1.5	0.3	0.9	1.7	0.4
Molybdenum	µg	24	45	10	16	30	6.3
Phosphorus	mg	360	680	150	330	625	130
Selenium	µg	40	75	16.8	26	49	10
Zinc	mg	4.2	8.0	1.8	4.7	8.8	1.8
Potassium	mg	955	1800	405	830	1570	330
Chloride	mg	950	1800	400	860	1620	340
Gluten	mg/kg	Nil detected			Nil detected		

OPTIFAST® VLCD™	Units	Vegetable Soup CURRENT			Potato Leek Soup NEW		
		Ave Quantity per serving	Ave Quantity per 100 g	Ave Quantity Per 100mL (made up with water)	Ave Quantity per serving	Ave Quantity per 100 g	Ave Quantity Per 100mL (made up with 200mL water)
Energy	kJ	840	1580	354	843	1590	333
	Cal	201	379	85	201	379	79
Protein	g	20	37.7	8.4	20.4	38.5	8.1
- Collagen	g	-	-	-	8.2	15.5	3.3
Fat, total	g	4.5	8.5	1.9	4.3	8.1	1.7
- Saturated	g	0.9	1.7	0.4	0.5	0.85	0.2
- Linoleic acid	g	1.2	2.2	0.5	1.2	2.3	0.5
- α-Linolenic acid	mg	196	370	83	201	380	80
Carbohydrate	g	18.2	34.4	7.7	18.3	34.5	7.2
- Sugars	g	8.5	16	3.6	1.6	3	0.6
- Lactose	g	7.4	14	3.1	0.3	0.5	0.1
Dietary Fibre	g	3.6	6.8	1.5	3.6	6.8	1.4

Sodium	mg	760	1430	320	625	1180	250
Vitamin A	µg RE	345	650	146	320	604	127
Thiamin (B1)	mg	0.58	1.10	0.25	0.55	1.0	0.22
Riboflavin (B2)	mg	0.74	1.40	0.31	0.80	1.50	0.31
Niacin	mg NE	8.0	15	3.4	10.6	20	4.2
Pantothenic Acid	mg	2.7	5	1.1	2.8	5.3	1.1
Vitamin B6	mg	1.0	1.9	0.4	1.1	2.1	0.4
Biotin	µg	10.6	20	4.5	30	56	12
Folic Acid	µg	111	210	47	110	208	44
Vitamin B12	µg	1.1	2	0.4	1.3	2.5	0.5
Vitamin C	mg	40	75	17	40	75	16
Vitamin D	µg	3.7	7	1.6	2.5	4.8	1.0
Vitamin E	mg TE	7.4	14	3.1	6.9	13	2.7
Vitamin K	µg	31.8	60	13.4	45	85	18
Calcium	mg	420	800	180	380	720	150
Chromium	µg	13.3	25	5.6	20.1	38	8.0
Copper	mg	1.1	2	0.4	0.8	1.5	0.3
Fluoride	µg	345	650	145	-	-	-
Iodine	µg	98	185	41	73	138	29
Iron	mg	8.0	15	3.4	8.0	15	3.1
Magnesium	mg	160	300	67	160	300	63
Manganese	mg	0.8	1.5	0.3	0.9	1.7	0.4
Molybdenum	µg	23	43	10	17	32	6.7
Phosphorus	mg	360	680	150	330	625	130
Selenium	µg	40	75	16.8	26	49	10
Zinc	mg	4.2	8	1.8	4.7	8.8	1.8
Potassium	mg	955	1800	405	830	1570	330
Chloride	mg	880	1660	370	850	1600	335
Gluten	mg/kg	Nil detected			Nil detected		

OPTIFAST VLCD is for the dietary management of overweight and obesity and must be used under the supervision of a healthcare professional.

For trade use only.

Should you have any further questions, please contact your Nestlé Health Science Account Specialist or call Consumer Services on 1800 671 628.

Michael Clarkson - Head of Sales



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