

6th February 2024

Dear Valued Customer,

NEW OPTIFAST VLCD ASSORTED BARS

Nestlé Health Science is excited to launch our new look, revised recipe OPTIFAST VLCD Bars in an assorted pack. The assorted pack includes Cappuccino Flavour, Chocolate and Berry Crunch Flavour.



Please find below product details to assist with ordering.

	Current	New
Name	OPTIFAST VLCD BAR Asst MP 12x400g AU	OPTIFAST VLCD BAR Asst MP 12x400g
Nestlé Code	12406193	12572356
Changeover Date	22/3/24	22/3/24

New Ingredient Lists

Berry Crunch Flavour Bar

Soy Crisp (Soy Protein Isolate, Tapioca Starch, Salt), Milk Chocolate (17%) [Sugar, Cocoa Solids (6.6%), Whole Milk Powder, Emulsifier (Soy Lecithin), Flavour], Soy Protein Isolate, Polydextrose, Sorbitol, Soy Cores, Minerals (Potassium Citrate, Calcium Carbonate, Sodium Phosphate, Magnesium Carbonate, Sodium Citrate, Magnesium Phosphate, Calcium Phosphate, Copper Sulphate, Iron Pyrophosphate, Potassium Iodate, Sodium Selenate, Zinc Oxide, Manganese Sulphate), Glycerol, Fruit Preparation (1.5%) [Sugar, Raspberry Puree (0.3%), Fructose Syrup, Raspberry Juice Concentrate (0.2%), Apple Puree (0.2%), Lactose, Cherry Juice Concentrate (0.1%)], Maltodextrin (Corn), Inulin, Rapeseed Oil, Fructose-Glucose Syrup, Water, Vitamins (Ascorbic Acid, Vitamin E Acetate, Niacinamide, Vitamin A Acetate, Calcium Pantothenate, Biotin, Cyanocobalamin, Folic Acid, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, Phylloquinone, Thiamin Mononitrate), Acidity Regulator (330), Flavour, Sweeteners (Sucralose, Acesulfame Potassium), Emulsifier (Soy Lecithin).

Contains Milk, Soy.

May contain Peanuts, Tree Nuts, Gluten, Oat, Wheat, Barley.

Chocolate Bar

Milk Proteins, Milk Chocolate (14.5%) [Sugar, Cocoa Solids (6%), Whole Milk Powder, Emulsifier (Soy Lecithin), Flavour], Polydextrose, Sorbitol, Glycerol, Minerals (Potassium Citrate, Calcium Carbonate, Sodium Citrate, Sodium Phosphate, Magnesium Carbonate, Magnesium Phosphate, Calcium Phosphate, Copper Sulphate, Iron Pyrophosphate, Potassium Iodate, Sodium Selenate, Zinc Oxide, Manganese Sulphate), Cocoa Powder (5%), Vegetable Oils (Rapeseed, Safflower), Fructose Syrup, Soy Protein Isolate, Glucose Syrup, Flavour, Vitamins (Ascorbic Acid, Vitamin E Acetate, Niacinamide, Vitamin A Acetate, Calcium Pantothenate, Biotin, Cyanocobalamin, Folic Acid, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, Phylloquinone, Thiamin Mononitrate), Emulsifier (Soy Lecithin).

Contains Milk, Soy.

May contain Peanuts, Tree Nuts, Gluten, Oat, Wheat, Barley.

Cappuccino Flavour Bar

Soy Crisp (Soy Protein Isolate, Tapioca Starch, Salt), Milk Chocolate (17%) [Sugar, Cocoa Solids (6.6%), Whole Milk Powder, Emulsifier (Soy Lecithin), Flavour], Sorbitol, Soy Protein Isolate, Soybean, Minerals (Potassium Citrate, Calcium Carbonate, Sodium Phosphate, Sodium Citrate, Magnesium Carbonate, Magnesium Phosphate, Calcium Phosphate, Copper Sulphate, Iron Pyrophosphate, Potassium Iodate, Sodium Selenate, Zinc Oxide, Manganese Sulphate), Polydextrose, Maltodextrin (Corn), Glycerol, Water, Fructose-Glucose Syrup, Inulin, Rapeseed Oil, Flavour, Vitamins (Ascorbic Acid, Vitamin E Acetate, Niacinamide, Vitamin A Acetate, Calcium Pantothenate, Biotin, Cyanocobalamin, Folic Acid, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, Phylloquinone, Thiamin Mononitrate), Sweeteners (Sucralose, Acesulfame Potassium), Emulsifier (Soy Lecithin).

Contains Milk, Soy.

May contain Peanuts, Tree Nuts, Gluten, Oat, Wheat, Barley.

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

Products	Units	Berry Crunch Flavour Bar 65g		Chocolate Bar 70g		Cappuccino Flavour Bar 65g	
		New	Current	New	Current	New	Current
Energy (kcal)	Kcal	227	226	233	234	234	226
Protein	g	20.8	20.8	19.3	20.7	20.8	20.8
Fat, Total	g	7.3	7.2	7.6	7.7	7.5	7.2
Saturated	g	3.6	3.1	2.8	3.2	3.3	3.1
Monounsaturated	g	2.3	2.5	2.7	3	2.3	2.5
Polyunsaturated	g	1.3	1.6	1.4	1.5	1.4	1.6
a-Linolenic Acid	mg	172	185	168	168	172	185
Linoleic Acid	mg	1170	1300	1190	1190	1235	1300
Carbohydrate	g	19.5	20.3	23.4	22.8	20.7	20.3
Sugars	g	7.5	6.8	7.1	6	6.8	6.5
Lactose	g	1.3	0.7	1.4	0.7	2	0.7
Glycerol	g	3.3	2.9	6.5	7.4	2	2.3
Sorbitol	g	4.3	4.6	5.4	4.9	4.9	4.6
Fibre	g	5.9	6.8	6.7	9.1	5.3	6.5
Polydextrose	g	4.2	4.1	5.6	6.7	2.8	3.9
Sodium	mg	405	405	335	335	405	405
Vitamin A	ug RE	338	377	336	378	338	377
Thiamin	mg	0.46	0.46	0.46	0.48	0.46	0.46
Riboflavin	mg	0.91	0.91	0.91	0.91	0.91	0.91
Niacin	mg	11.7	9.1	14	9	11.7	9.1
Pantothenic acid	mg	2.7	3.4	2.8	3.5	2.7	3.4
Vitamin B6	mg	0.9	0.98	0.9	0.98	0.9	0.98
Biotin	µg	23	33	19.6	24.5	23	33
Folic Acid	µg	130	160	140	160	140	160
Vitamin B12	µg	1.4	1.4	2	2	1.4	1.4
Vitamin C	mg	39	39	39	39	36	39
Vitamin D	µg	2.7	2.7	2.8	3.5	2.7	2.7
Vitamin E	mg TE	5.2	5.9	5.3	6.7	5.2	5.9
Vitamin K	µg	31.2	39	31.5	42	31.2	39
Calcium	mg	420	390	420	392	420	390
Copper	mg	0.7	0.7	0.8	0.6	0.7	0.7
Iodine	µg	75	72	70	70	72	72
Iron	mg	6.8	7.2	6.8	7	6.8	7.2
Magnesium	mg	140	150	140	150	140	150
Manganese	mg	1.1	0.9	0.8	0.9	1.1	0.9
Phosphorus	mg	360	360	290	290	360	360
Selenium	µg	26	30	28	31	26	30
Zinc	mg	5.1	4.7	4.9	4.9	5.1	4.7
Potassium	mg	715	715	840	875	780	715



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

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

