

Medifast- Plus for Appetite Suppression

Chocolate

7090

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	210 mg	9%
Potassium	400 mg	11%
Total Carbohydrate	12 g	4%
Dietary Fiber	4 g	16%
Sugars	6 g	
Protein	15g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 31.5 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Also Formulated for Diabetics
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Low Lactose
 - ✓ 2.2 mg Caffeine
 - ✓ Heart Healthy
- Contains 9.5 g soy protein*

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	30%
Iron	30%
Vitamin D	30%
Vitamin E.....	20%
Vitamin K	20%
Thiamin (B1)	35%
Riboflavin	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus	25%
Iodine	30%
Magnesium	20%
Zinc	20%
Selenium.....	20%
Copper	30%
Manganese	45%
Chromium.....	30%
Molybdenum	60%
Chloride.....	4%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

One Serving also contains:

Super Citrimax®.....300 mg

Ingredients

Soy protein isolate, milk protein isolate, fructose, cocoa (processed with alkali), apple fiber, sweet dairy whey, lactobacillus acidophilus, chicory root extract (inulin), guar gum, calcium phosphate, Super Citrimax® (garcinia cambogia extract), maltodextrin, potassium chloride, apple pectin, salt, dl-methionine, magnesium oxide, natural & artificial flavors, acesulfame potassium (non-nutritive sweetener), modified food starch, corn syrup solids, soy lecithin, ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin.

Contains: milk and soy. Manufactured in a facility that uses egg, shellfish, and wheat

Medifast- Plus for Appetite Suppression

Vanilla

7100

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	210 mg	9%
Potassium	400 mg	11%
Total Carbohydrate	12 g	4%
Dietary Fiber	4 g	16%
Sugars	6 g	
Protein	15g	

Calories per Serving: 100

Calories from Fat: 5

Serving Size: 31.3 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Also Formulated for Diabetics
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Low Lactose
 - ✓ Caffeine Free
 - ✓ Heart Healthy
- Contains 9.9 g soy protein*

AVERAGE % DAILY VALUE

Vitamin A	30%
Vitamin C	35%
Calcium.....	30%
Iron	30%
Vitamin D	30%
Vitamin E.....	20%
Vitamin K	20%
Thiamin (B1)	35%
Riboflavin	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus	25%
Iodine	30%
Magnesium	20%
Zinc	20%
Selenium	20%
Copper	25%
Manganese	45%
Chromium.....	30%
Molybdenum	60%
Chloride.....	8%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

One Serving also contains:

Super Citrimax®300 mg

Ingredients

Soy protein isolate, milk protein isolate, fructose, apple fiber, chicory root extract (inulin), sweet dairy whey, lactobacillus acidophilus, guar gum, calcium phosphate, potassium chloride, Super Citrimax® (garcinia cambogia extract), titanium dioxide, maltodextrin, apple pectin, salt, magnesium oxide, natural & artificial flavors, dl-methionine, modified food starch, acesulfame potassium (non-nutritive sweetener), soy lecithin, corn syrup solids, ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, beta carotene, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin.

Contains: milk, fish and soy. Manufactured in a facility that uses egg, shellfish and wheat