

Medifast® Plus for Coronary Health

Chocolate

72200

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	220 mg	9%
Potassium	450 mg	13%
Total Carbohydrate	11 g	4%
Dietary Fiber	3 g	12%
Sugars	6 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 33.6 g

Servings per Container: 7

This Product is:

- ✓ Non-Kosher
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Low Lactose
 - ✓ 2.2mg Caffeine
 - ✓ Heart Healthy
- Contains 9 g soy protein*

- 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.

AVERAGE % DAILY VALUE

Vitamin A	50%
65% as Beta-Carotene	
Vitamin C	250%
Calcium	40%
Iron	50%
Vitamin D	50%
Vitamin E	150%
Vitamin K	35%
Thiamin (B1)	100%
Riboflavin	100%
Niacin	100%
Vitamin B6	250%
Folate	100%
Vitamin B12	100%
Biotin	100%
Pantothenic Acid	100%
Phosphorus	45%
Iodine	50%
Magnesium	70%
Zinc	50%
Selenium	35%
Copper	50%
Manganese	70%
Chromium	160%
Molybdenum	60%
Chloride	4%

One Serving Contains:

Amino Acids	
L- Carnitine	110 mg
L- Glutamine (free form and peptide)	150 mg
L- Isoleucine	50 mg
L- Leucine	100 mg
L- Valine®	50 mg

Vitamins and Minerals

Boron	1 mg
Choline	50 mg
Inositol	50 mg
PABA	10 mg

One Serving also contains:

Alpha Lipoic Acid	20 mg
Citrus Bioflavonoids	50 mg
Coenzyme Q10	2000 mcg
Pycnogenol®	2000 mcg

Ingredients

Soy protein isolate, fructose, hydrolyzed whey protein, vitamin & mineral premix (magnesium phosphate, calcium phosphate, glutamine peptide, calcium citrate, sodium ascorbate, L-carnitine-L-tartrate, calcium carbonate, choline bitartrate, L-leucine, citrus bioflavonoids, inositol, L-isoleucine, L-valine, Vitamin E succinate, biotin, dipotassium phosphate, magnesium aspartate, ferrous fumarate, niacinamide, alpha lipoic acid, d-calcium pantothenate, zinc oxide, beta-carotene, sodium borate, copper gluconate, pyridoxine hydrochloride, Vitamin A palmitate, manganese sulfate, Vitamin K, Vitamin D3, ChromeMate® (chromium polynicotinate)**, coenzyme Q10, Pycnogenol®, riboflavin, thiamin mononitrate, potassium iodide, Vitamin B12, folic acid, sodium molybdate, sodium selenate), cocoa (processed with alkali), chicory root extract (inulin), sweet dairy whey, lactobacillus acidophilus, calcium phosphate, guar gum, maltodextrin, potassium chloride, salt, acesulfame potassium (non-nutritive sweetener), xanthan gum, dl-methionine, magnesium oxide, glycerine, natural & artificial flavorings, modified food starch, corn syrup solids, soy lecithin, silicon dioxide.

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

Medifast® Plus for Coronary Health

Strawberry

72300

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	220 mg	9%
Potassium	460 mg	13%
Total Carbohydrate	11 g	4%
Dietary Fiber	3 g	12%
Sugars	6 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 32.9 g

Servings per Container: 7

This Product is:

- ✓ Non-Kosher
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ CaffeineFree
- ✓ Heart Healthy

Contains 9 g soy protein

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65% as Beta-Carotene	
Vitamin C	250%
Calcium	40%
Iron	50%
Vitamin D	50%
Vitamin E	150%
Vitamin K	35%
Thiamin (B1)	100%
Riboflavin	100%
Niacin	100%
Vitamin B6	250%
Folate	100%
Vitamin B12	100%
Biotin	100%
Pantothenic Acid	100%
Phosphorus	45%
Iodine	50%
Magnesium	70%
Zinc	50%
Selenium	35%
Copper	50%
Manganese	50%
Chromium	160%
Molybdenum	60%
Chloride	8%

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One Serving Contains:

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L- Glutamine (free form and peptide)	150 mg
L- Isoleucine	50 mg
L- Leucine	100 mg
L- Valine®	50 mg

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Inositol.....	50 mg
PABA	10 mg

One Serving also contains:

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Pycnogenol®	2000 mcg

Ingredients

Soy protein isolate, fructose, hydrolyzed whey protein, vitamin & mineral premix (magnesium phosphate, calcium phosphate, glutamine peptide, calcium citrate, sodium ascorbate, L-carnitine-L-tartrate, calcium carbonate, choline bitartrate, L-leucine, citrus bioflavonoids, inositol, L-isoleucine, L-valine, Vitamin E succinate, biotin, dipotassium phosphate, magnesium aspartate, ferrous fumarate, niacinamide, alpha lipoic acid, d-calcium pantothenate, zinc oxide, beta-carotene, sodium borate, copper gluconate, pyridoxine hydrochloride, vitamin A palmitate, manganese sulfate, vitamin K, vitamin D3, ChromeMate® (chromium polynicotinate), coenzyme Q10, Pycnogenol®, riboflavin, thiamin mononitrate, potassium iodide, vitamin B12, folic acid, sodium molybdate, sodium selenate), chicory root extract (inulin), sweet dairy whey, lactobacillus acidophilus, guar gum, calcium phosphate, potassium chloride, maltodextrin, salt, acesulfame potassium (non-nutritive sweetener), glycerine, modified food starch, glycerol triacetate, xanthan gum, dl-methionine, magnesium oxide, silicon dioxide, soy lecithin, natural & artificial flavors, red #40.

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