

Medifast® Creamy Soups

Cream of Chicken

5430

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1.5 g	2%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	360 mg	15%
Potassium	350 mg	10%
Total Carbohydrate	9 g	3%
Dietary Fiber	<1 g	3%
Sugars	5 g	
Protein	14 g	

Calories per Serving: 110

Calories from Fat: 15

Serving Size: 29.2 g

Servings per Container: 7

This Product is:

- ✓ Non-Kosher
- ✓ Also Formulated for Diabetics
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ Caffeine Free
- ✓ Low Glycemic

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	30%
Calcium.....	20%
Iron	25%
Vitamin D	20%
Vitamin E.....	20%
Vitamin K	20%
Thiamin (B1)	35%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	20%
Vitamin B12.....	35%
Biotin	25%
Pantothenic Acid.....	20%
Phosphorus	10%
Iodine	20%
Magnesium	20%
Zinc.....	35%
Selenium.....	20%
Copper	20%
Manganese	30%
Chromium.....	15%
Molybdenum.....	70%
Chloride.....	2%

- 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.

Ingredients

whey protein concentrate, calcium caseinate, maltodextrin, sodium caseinate, yeast extract, chicken fat, hydrolyzed corn gluten, oat fiber, nonfat dry milk, onion, calcium phosphate, natural flavors, xanthan gum, potassium phosphate, potassium chloride, potassium citrate, magnesium oxide, salt, dextrose, tapioca maltodextrin, disodium inosinate and guanylate, soy lecithin, parsley, molybdenum yeast, turmeric extract, garlic, ascorbic acid, chromium yeast, selenium yeast, vitamin E acetate, zinc oxide, niacinamide, vitamin A palmitate, reduced iron, copper gluconate, manganese sulfate, d-calcium pantothenate, vitamin D3, pyridoxine hydrochloride, thiamin mononitrate, riboflavin, folic acid, biotin, potassium iodide, phytonadione, cyanocobalamin.

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

Medifast® Creamy Soups

Cream of Broccoli

5700

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1.5 g	2%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	330 mg	14%
Potassium	340 mg	10%
Total Carbohydrate	10 g	3%
Dietary Fiber	1 g	4%
Sugars	5 g	
Protein	15 g	

Calories per Serving: 110

Calories from Fat: 10

Serving Size: 30.1 g

Servings per Container: 7

This Product is:

- ✓ Non-Kosher
- ✓ Also Formulated for Diabetics
- ✓ Contains Whey
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Low Glycemic

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	40%
Calcium.....	20%
Iron	25%
Vitamin D	20%
Vitamin E.....	20%
Vitamin K	20%
Thiamin (B1)	35%
Riboflavin	30%
Niacin	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	30%
Biotin	25%
Pantothenic Acid.....	20%
Phosphorus	10%
Iodine	20%
Magnesium	20%
Zinc.....	35%
Selenium	20%
Copper	20%
Manganese	35%
Chromium.....	15%
Molybdenum	70%

- 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.

Ingredients

Whey protein concentrate, calcium caseinate, maltodextrin, sodium caseinate, yeast extract, oat fiber, chicken fat, broccoli, hydrolyzed corn gluten, modified corn starch, calcium phosphate, onion*, nonfat dry milk, salt, natural flavors, cauliflower, xanthan gum, potassium phosphate, potassium citrate, potassium chloride, garlic, tapioca flour, magnesium oxide, soy sauce, tapioca maltodextrin, dextrose, turmeric extract, molybdenum yeast, ascorbic acid, partially hydrogenated cottonseed and soybean oils, spice, disodium inosinate and guanylate, chromium yeast, selenium yeast, vitamin E acetate, zinc oxide, niacinamide, vitamin A palmitate, reduced iron, copper gluconate, manganese sulfate, d-calcium pantothenate, vitamin D3, pyridoxine hydrochloride, thiamin mononitrate, riboflavin, folic acid, biotin, potassium iodide, phytonadione, cyanocobalamin

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

Medifast® Creamy Soups

Cream of Tomato

6060

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	15 mg	5%
Sodium	240 mg	10%
Potassium	350 mg	10%
Total Carbohydrate	13 g	4%
Dietary Fiber	3g	10%
Sugars	4 g	
Protein	14 g	

Calories per Serving: 110

Calories from Fat: 5

Serving Size: 32.5 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ Caffeine Free
- ✓ Low Glycemic

AVERAGE % DAILY VALUE

Vitamin A	40%
Vitamin C	35%
Calcium.....	25%
Iron	25%
Vitamin D	25%
Vitamin E.....	25%
Vitamin K	25%
Thiamin (B1)	45%
Riboflavin.....	35%
Niacin.....	25%
Vitamin B6.....	40%
Folate.....	25%
Vitamin B12.....	35%
Biotin	30%
Pantothenic Acid.....	20%
Phosphorus	15%
Iodine	25%
Magnesium	25%
Zinc.....	40%
Selenium.....	25%
Copper	30%
Manganese	45%
Chromium.....	20%
Molybdenum.....	80%

- 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.

Ingredients

Whey protein concentrate, tomato powder, calcium and sodium caseinate, oat fiber, citric acid, salt, xanthan gum, spice, magnesium oxide, beet powder, monosodium glutamate, soy lecithin, molybdenum yeast, artificial flavor, ascorbic acid, chromium yeast, selenium yeast, acesulfame potassium (non-nutritive sweetener), gum arabic, vitamin E acetate, zinc oxide, niacinamide, vitamin A palmitate, reduced iron, disodium inosinate and guanylate, copper gluconate, d-calcium pantothenate, manganese sulfate, vitamin D3, pyridoxine hydrochloride, thiamin mononitrate, riboflavin, folic acid, biotin, potassium iodide, phytonadione, cyanocobalamin (vitamin B12)

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