

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	130 mg	5%
Potassium	280 mg	8%
Total Carbohydrate	15 g	5%
Dietary Fiber	4 g	16%
Sugars	1 g	
Protein	10 g	

Calories per Serving: 100

Calories from Fat: 15

Serving Size: 32.5 g

Servings per Container: 7

This Product is:

- ✓ Kosher Parve
 - ✓ Also Formulated for Diabetics
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Lactose Free
 - ✓ Caffeine Free
 - ✓ <10ppm Gluten
 - ✓ Heart Healthy
- Contains 6.7 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	25%
Vitamin C	35%
Calcium.....	25%
Iron	30%
Vitamin D	25%
Vitamin E.....	20%
Vitamin K	20%
Thiamin (B1)	45%
Riboflavin	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	30%
Vitamin B12.....	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus	15%
Iodine	25%
Magnesium	15%
Zinc	25%
Selenium.....	20%
Copper	25%
Manganese	40%
Chromium.....	30%
Molybdenum	60%
Chloride	2%

Ingredients

Rolled oats, soy protein isolate, dehydrated apples (non-sulfured), oat fiber, calcium phosphate, potassium chloride, salt, spices, natural and artificial flavors, soy lecithin, magnesium oxide, maltodextrin, DL-methionine, acesulfame potassium (non-nutritive sweetener), modified food starch, corn syrup solids, ascorbic acid, ferric orthophosphate, dicalcium phosphate, dl-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 (vitamin B12)

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

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	130 mg	5%
Potassium	300 mg	9%
Total Carbohydrate	16 g	5%
Dietary Fiber	4 g	16%
Sugars	1 g	
Protein	10 g	

Calories per Serving: 110

Calories from Fat: 15

Serving Size: 33.9 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Also Formulated for Diabetics
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Lactose Free
 - ✓ Caffeine Free
 - ✓ <10ppm Gluten
 - ✓ Heart Healthy
- Contains 7 g soy protein*

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	25%
Iron	30%
Vitamin D	30%
Vitamin E.....	20%
Vitamin K	20%
Thiamin (B1)	45%
Riboflavin	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	30%
Vitamin B12.....	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus	15%
Iodine	30%
Magnesium	15%
Zinc	25%
Selenium	20%
Copper	30%
Manganese	45%
Chromium.....	30%
Molybdenum	60%
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

Rolled oats, soy protein isolate, oat fiber, brown sugar, calcium phosphate, modified food starch, natural and artificial flavorings, potassium chloride, salt, soy lecithin, magnesium oxide, maltodextrin, acesulfame potassium (non-nutritive sweetener), DL-methionine, sugar, ascorbic acid, propylene glycol, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium panthothenate, copper sulfate, pyrodioxine 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: wheat and soy. Manufactured in a facility that uses eggs, milk, fish and shellfish.

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	140 mg	6%
Potassium	280 mg	8%
Total Carbohydrate	15 g	5%
Dietary Fiber	5 g	20%
Sugars	1 g	
Protein	11 g	

Calories per Serving: 100

Calories from Fat: 15

Serving Size: 33.3 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
 - ✓ Also Formulated for Diabetics
 - ✓ Vegetarian Product
 - ✓ Lactose Free
 - ✓ Caffeine Free
 - ✓ Heart Healthy
- Contains 7.8 g soy protein*

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	30%
Calcium.....	30%
Iron	30%
Vitamin D	30%
Vitamin E.....	25%
Vitamin K	25%
Thiamin (B1)	45%
Riboflavin	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	30%
Vitamin B12.....	20%
Biotin	20%
Pantothenic Acid.....	25%
Phosphorus	20%
Iodine	30%
Magnesium	15%
Zinc	25%
Selenium	20%
Copper	30%
Manganese	45%
Chromium.....	30%
Molybdenum	60%
Chloride.....	2%

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Ingredients

Rolled oats, soy protein isolate, oat fiber, wild blueberries, calcium phosphate, potassium chloride, salt, soy lecithin, acesulfame potassium (non-nutritive sweetener), maltodextrin, magnesium oxide, dl-methionine, modified food starch, triacetin, natural & artificial flavors, corn syrup solids, propylene glycol, 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: wheat and soy. Manufactured in a facility that uses eggs, milk, fish and shellfish.

Medifast- Hearty Oatmeal

Peach

5803

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	180 mg	8%
Potassium	280 mg	8%
Total Carbohydrate	16 g	5%
Dietary Fiber	5 g	20%
Sugars	2 g	
Protein	11 g	

Calories per Serving: 110

Calories from Fat: 15

Serving Size: 34.1 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Also Formulated for Diabetics
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ <10ppm Gluten
- ✓ Heart Healthy
Contains 7.7 g soy protein

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	30%
Iron	30%
Vitamin D	30%
Vitamin E.....	25%
Vitamin K	25%
Thiamin (B1)	45%
Riboflavin	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	30%
Vitamin B12.....	20%
Biotin	20%
Pantothenic Acid.....	25%
Phosphorus	20%
Iodine	30%
Magnesium	15%
Zinc	25%
Selenium.....	20%
Copper	30%
Manganese	45%
Chromium.....	30%
Molybdenum	60%
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

Rolled oats, soy protein isolate, oat fiber, apples, calcium phosphate, maltodextrin, salt, natural and artificial flavors, potassium chloride, spice, soy lecithin, magnesium oxide, acesulfame potassium (non- nutritive sweetener), dl-methionine, triacetin, modified food starch, corn syrup solids, colorant, calcium stearate, 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, wheat and soy. Manufactured in a facility that uses eggs, fish and shellfish.