

Medifast® Plus for Joint Health

Chocolate

70700

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	260 mg	11%
Potassium	400 mg	11%
Total Carbohydrate	11 g	4%
Dietary Fiber	3 g	12%
Sugars	6 g	
Protein	15 g	

Calories per Serving: 100

Calories from Fat: 10

Serving Size: 30.7 g

Servings per Container: 7

This Product is:

- ✓ Non- Kosher
 - ✓ Contains Whey
 - ✓ Lactose Free
 - ✓ 2.2 mg Caffeine
 - ✓ Heart Healthy
- Contains 9 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:

Glucosamine.....	500 mg
Chondroitin	500 mg

Ingredients

Soy protein isolate, milk protein isolate, fructose, cocoa (processed with alkali), chicory root extract (inulin), sweet dairy whey, lactobacillus acidophilus, guar gum, calcium phosphate, shark cartilage extract (chondroitin), d-glucosamine hydrochloride, maltodextrin, potassium chloride, salt, magnesium oxide, dl-methionine, 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, fish and soy. Manufactured in a facility that uses egg, shellfish and wheat.

Medifast® Plus for Joint Health

Vanilla

70800

Nutrition Facts

	AVERAGE PER SERVING	AVERAGE % DAILY VALUE
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	260 mg	11%
Potassium	410 mg	12%
Total Carbohydrate	11 g	4%
Dietary Fiber	3 g	12%
Sugars	6 g	
Protein	15 g	

Calories per Serving: 100

Calories from Fat: 5

Serving Size: 30.3 g

Servings per Container: 7

This Product is:

- ✓ Non-Kosher
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Lactose Free
 - ✓ Caffeine Free
 - ✓ Heart Healthy
- Contains 10 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%

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One Serving also contains:

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Chondroitin.....	500 mg

Ingredients

Soy protein isolate, milk protein isolate, fructose, chicory root extract (inulin), sweet dairy whey, lactobacillus acidophilus, guar gum, calcium phosphate, potassium chloride, shark cartilage extract (chondroitin), d-glucosamine hydrochloride, maltodextrin, 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, egg, wheat and soy. Manufactured in a facility that uses fish and shellfish.