

Medifast® Plus for Women's Health

Chocolate

71100

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	160 mg	7%
Potassium	490 mg	14%
Total Carbohydrate	15 g	5%
Dietary Fiber	4 g	16%
Sugars	10 g	
Protein	14 g	

Calories per Serving: 110

Calories from Fat: 10

Serving Size: 37.9 g

Servings per Container: 7

This Product is:

- ✓ Non-Kosher
 - ✓ Vegetarian Product
 - ✓ Contains Whey
 - ✓ Lactose Free
 - ✓ 2.2mg Caffeine
 - ✓ Heart Healthy
- Contains 10 g soy protein*

AVERAGE % DAILY VALUE

Vitamin A	50%
65% as Beta-Carotene	
Vitamin C	250%
Calcium	50%
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	50%
Iodine	50%
Magnesium	60%
Zinc	50%
Selenium	35%
Copper	50%
Manganese	50%
Chromium	160%
Molybdenum	60%
Chloride	6%

- 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:

Black Cohosh.....	10 mg
Chaste Tree Berry	10 mg
Echinecea Purpurea	10 mg

Ingredients

Soy protein isolate, fructose, 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), egg white solids, gum arabic, cocoa (processed with alkali), milk protein isolate, guar gum, sweet dairy whey, calcium phosphate, microcrystalline cellulose, potassium chloride, maltodextrin, Super Citrimax® (garcinia cambogia extract), corn syrup solids, partially hydrogenated canola oil, glycerine, silicon dioxide, modified food starch, natural & artificial flavors, soy lecithin, acesulfame potassium (non-nutritive sweetener), vitex agnus castus, echinacea purpurea extract, black cohosh extract, sodium caseinate, dipotassium phosphate.

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

Medifast® Plus for Women's Health

Vanilla

71200

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	170 mg	7%
Potassium	480 mg	14%
Total Carbohydrate	15 g	5%
Dietary Fiber	4 g	16%
Sugars	10 g	
Protein	14 g	

Calories per Serving: 110

Calories from Fat: 10

Serving Size: 38.1 g

Servings per Container: 7

This Product is:

- ✓ Heart Healthy
Contains 10 g soy protein
- ✓ Caffeine Free
- ✓ Contains Whey

- 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:

Black Cohosh..... 10 mg
Chaste Tree Berry 10 mg
Echinacea Purpurea 10 mg

AVERAGE % DAILY VALUE

Vitamin A	50%
65% as Beta-Carotene	
Vitamin C	250%
Calcium	50%
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	50%
Iodine	50%
Magnesium	60%
Zinc	50%
Selenium	35%
Copper	50%
Manganese	50%
Chromium	160%
Molybdenum	70%
Chloride	10%

Ingredients

Soy protein isolate, fructose, 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), gum arabic, egg white solids, milk protein isolate, guar gum, microcrystalline cellulose, sweet dairy whey, calcium phosphate, potassium chloride, corn syrup solids, partially hydrogenated canola oil, titanium dioxide, Super Citrimax® (garcinia cambogia extract), maltodextrin, glycerine, natural & artificial flavors, silicon dioxide, modified food starch, soy lecithin, acesulfame potassium (non-nutritive sweetener), sodium caseinate, dipotassium phosphate, vitex agnus castus, echinacea purpurea extract, black cohosh extract.

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