

Fueling Comparison: Features & Benefits

Fueling Feature	OPTAVIA Select	OPTAVIA Essential	MEDIFAST® Classic
Nutrient dense and portion controlled	●	●	●
Nutritionally interchangeable	●	●	●
Help to promote a gentle but efficient fat-burning state when used as part of the Optimal Weight 5 & 1 Plan®	●	●	●
High-quality, complete protein	●	●	●
At least 24 vitamins & minerals	●	●	●
No colors from artificial sources	●	●	
No flavors from artificial sources	●	●	
No sweeteners from artificial sources	●	●	
No preservatives from artificial sources	●		
Additional Vitamin D (50% DV)	●	●	
Contains GanedenBC ³⁰ ® Probiotics	●	●	
Non-GMO	●		
Available exclusively from an independent OPTAVIA Coach	●	●	

