


\* As Fuelings & Products may be improved and updated from time to time, please first check the packaging in your order received for the list of ingredients and product descriptions available.

		Soy Protein Amount	No Soy	No Milk	No Egg	No Peanut	No Tree Nuts	No Fish	No Shellfish	No Wheat	Shared Equipment / Facility*	Certified Gluten-Free (GFCO)	Kosher Dairy	Kosher Parve	Non-Kosher	Vegetarian Friendly Ovo-Lacto	Added Caffeine Amount per Serving	Natural Caffeine Amount per Serving	Contains Sugar Alcohol
<b>OPTAVIA</b>																			
<b>OPTAVIA Bar Fuelings</b>																			
Campfire S'mores Crisp Bar	10 g							✓	✓		Yes		Yes			Yes		5-10 mg	Yes
Caramel Delight Crisp Bar	10 g			✓			✓	✓	✓				Yes			Yes		5-10 mg	Yes
Chocolate Cherry Ganache Bar	8 g						Almonds	✓	✓		Yes	Yes	Yes			Yes		5-10 mg	
Chocolate Mint Cookie Crisp Bar	9 g			✓	✓		✓	✓	✓				Yes			Yes		<5 mg	Yes
Cranberry Honey Nut Granola Bar	9 g						Almonds	✓	✓		Yes		Yes			Yes			Yes
Creamy Double Peanut Butter Crisp Bar	8 g			✓			✓	✓	✓				Yes			Yes			Yes
Dark Chocolate Coconut Curry Bar	8 g						Almonds, Coconut	✓	✓		Yes		Yes			Yes		<5 mg	
Drizzled Berry Crisp Bar	10 g							✓	✓		Yes		Yes			Yes			Yes
Drizzled Chocolate Fudge Crisp Bar	9 g			✓	✓		✓	✓	✓				Yes			Yes		<5 mg	Yes
Frosted Cinnamon Spice Crisp Bar	10 g							✓	✓		Yes		Yes			Yes			Yes
Frosted Cookie Dough Bar	6 g			✓	✓		✓	✓	✓				Yes			Yes			Yes
Honey Chili Cranberry Nut Bar	6 g						Almonds	✓	✓		Yes	Yes	Yes			Yes			
Raisin Oat Cinnamon Crisp Bar	10 g							✓	✓		Yes		Yes			Yes			Yes
Peanut Butter & Chocolate Chip Bar	6 g			✓			✓	✓	✓				Yes			Yes		<5 mg	
Zesty Lemon Crisp Bar	10 g							✓	✓		Yes		Yes			Yes			Yes
<b>OPTAVIA Breakfast Style Fuelings</b>																			
Cinnamon Crunchy O's Cereal	10 g		✓	✓	✓		✓	✓	✓			Yes		Yes		Yes			
Golden Chocolate Chip Pancake Mix	5 g				✓		✓	✓	✓			Yes	Yes			Yes		<5 mg	
Golden Pancake Mix	4 g				✓		✓	✓	✓			Yes	Yes			Yes			Yes
Maple & Brown Sugar Oatmeal	9 g		✓	✓	✓		✓	✓	✓	May Contain				Yes		Yes			
Apple & Cinnamon Spiced Oatmeal	9 g		✓	✓	✓		✓	✓	✓	May Contain				Yes		Yes			
Red Berry Crunchy O's Cereal	10 g		✓	✓	✓		✓	✓	✓			Yes		Yes		Yes			
<b>OPTAVIA Crunchers, Poppers &amp; Sticks Fuelings</b>																			
Smoky BBQ Crunchers	9 g		✓	✓	✓		✓	✓	✓			Yes		Yes		Yes			
Zesty Cheddar & Italian Herb Crunchers	10 g			✓	✓		✓	✓	✓			Yes	Yes			Yes			
Jalapeño Cheddar Poppers	10 g			✓	✓		✓	✓	✓			Yes	Yes			Yes			
Cinnamon Sugar Sticks	9 g			✓	✓			✓	✓		Yes		Yes			Yes			
Honey Mustard & Onion Sticks	9 g			✓	✓			✓	✓		Yes		Yes			Yes			
<b>OPTAVIA Dessert Style Fuelings</b>																			
Chewy Chocolate Chip Cookie Mix	7 g			✓	✓		✓	✓	✓			Yes	Yes			Yes		<5 mg	
Chocolate Fudge Pudding Mix	3 g			✓	✓		✓	✓	✓			Yes	Yes			Yes		<5 mg	
Cinnamon Cream Cheese Swirl Cake Mix	0 g				✓		Coconut	✓	✓	✓		Yes	Yes			Yes			

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Specific tree nut listed = Present in product

Shared Equipment/Facility  
= See product page for more information



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Decadent Chocolate Brownie Mix with Greek Yogurt Chips	9 g				✓	✓	✓	✓	✓		Yes	Yes			Yes		<5 mg		
Coffee Soft Serve Mix	0 g	✓			✓	✓	✓	✓	✓		Yes	Yes			Yes		30-35 mg		
Mint Chocolate Soft Serve Mix	0 g	✓			✓	✓	✓	✓	✓		Yes	Yes			Yes		<5 mg		
Sweet Blueberry Biscuit Mix	7 g				✓	✓	✓	✓	✓		Yes	Yes			Yes				
<b>OPTAVIA Drink Fuelings</b>																			
Frothy Cappuccino Drink Mix	0 g	✓		✓	✓	✓	✓	✓	✓		Yes	Yes			Yes	100 mg	<5 mg		
Velvety Hot Chocolate Drink Mix	0 g	✓		✓	✓	✓	✓	✓	✓		Yes	Yes			Yes		<5 mg		
<b>OPTAVIA Hearty Fuelings</b>																			
Buttermilk Cheddar Herb Biscuit Mix	0 g	✓			✓	Coconut	✓	✓	✓		Yes	Yes			Yes				
Cheesy Buttermilk Cheddar Mac	0 g	✓		✓	✓	✓	✓	✓	✓			Yes			Yes				
Red Bean & Vegetable Chili Mix	8 g		✓	✓	✓	✓	✓	✓	✓		Yes		Yes						
Honey Sweet Potatoes	0 g	✓		✓	✓	✓	✓	✓	✓		Yes	Yes			Yes				
Roasted Garlic Mashed Potatoes	0 g	✓			✓	✓	✓	✓	✓		Yes	Yes			Yes				
Rustic Tomato Herb Penne	9 g			✓	✓	✓	✓	✓	✓			Yes			Yes				
Sour Cream and Chive Mashed Potatoes	0 g	✓			✓	✓	✓	✓	✓		Yes	Yes			Yes				
Spinach Pesto Mac & Cheese	0 g	✓		✓	✓	✓	✓	✓	✓			Yes			Yes				
<b>OPTAVIA Shakes &amp; Smoothie Fuelings</b>																			
Caramel Macchiato Shake Mix	0 g	✓			✓	✓	✓	✓	✓		Yes	Yes			Yes		5-10 mg	Yes	
Creamy Chocolate Shake Mix	11 g			✓	✓	✓	✓	✓	✓		Yes	Yes			Yes		<5 mg		
Creamy Vanilla Shake Mix	12 g			✓	✓	✓	✓	✓	✓		Yes	Yes			Yes			Yes	
Dark Chocolate Covered Cherry Shake Mix	0 g	✓		✓	✓	✓	✓	✓	✓		Yes	Yes			Yes		10-15 mg		
Mocha Shake Mix	11 g			✓	✓	✓	✓	✓	✓		Yes	Yes			Yes		35-40 mg		
Rich Dark Chocolate Shake Mix	0 g	✓		✓	✓	✓	✓	✓	✓		Yes	Yes			Yes		10-15 mg	Yes	
Peanut Butter Shake Mix	0 g	✓			✓	✓	✓	✓	✓		Yes	Yes			Yes				Yes
Tropical Fruit Smoothie Mix	0 g				✓	✓	✓	✓	✓		Yes	Yes			Yes				
Wild Strawberry Shake Mix	12 g			✓	✓	✓	✓	✓	✓		Yes	Yes			Yes				
Yogurt Berry Blast Smoothie Mix	0 g	✓			✓	✓	✓	✓	✓		Yes	Yes			Yes				
<b>OPTAVIA Soup Fuelings</b>																			
Homestyle Chick'n Noodle Soup Mix	10 g		✓		✓	✓	✓	✓	✓				Yes		Yes				
Wild Rice & Chicken Flavored Soup Mix	9 g		✓	✓	✓	✓	✓	✓	✓		Yes			Yes					
<b>OPTAVIA Snacks</b>																			
Puffed Ranch Snacks	0 g	✓		✓	✓	✓	✓	✓	✓		Yes	Yes			Yes				
Puffed Sweet & Salty Snacks	0 g	✓	✓	✓	✓	✓	✓	✓	✓		Yes		Yes		Yes				
Olive Oil & Sea Salt Popcorn	0 g	✓	✓	✓	✓	✓	✓	✓	✓		Yes		Yes		Yes				
Sharp Cheddar & Sour Cream Popcorn	0 g	✓		✓	✓	✓	✓	✓	✓		Yes	Yes			Yes				
<b>Optimal Health</b>																			
<b>Optimal Health Bars</b>																			
Dark Chocolate Dream Bar	15 g						✓	✓		Yes	Yes	Yes			Yes		5-10 mg	Yes	

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Strawberry Yogurt Bar	11 g						✓	✓		Yes	Yes	Yes			Yes				
<b>Optimal Health Shakes</b>																			
Chocolate Peanut Butter Shake Mix	0 g	✓		✓		✓	✓	✓	✓		Yes	Yes			Yes		<5 mg	Yes	
Cookies & Cream Shake Mix	8 g			✓	✓	✓	✓	✓				Yes			Yes			Yes	
<b>Flavors of Home</b>																			
Beef Stew	0 g	✓	✓	✓	✓	✓	✓	✓	✓					Yes					
Chicken Cacciatore	2 g		✓		✓	✓	✓	✓						Yes					
Chicken and Rice with Vegetables	2 g		✓	✓	✓	✓	✓	✓	✓					Yes					
Chili Lime Chicken & Rice	2 g		✓	✓	✓	✓	✓	✓	✓					Yes					
Ginger Lemongrass Chicken	2 g		✓	✓	✓	✓	✓	✓	✓					Yes					
Turkey Meatball Marinara	0 g	✓	✓	✓	✓	✓	✓	✓						Yes					
<b>Flavor Infusers</b>																			
<b>Essential1®: Calorie Burn Flavor Infusers™</b>																			
Green Tea Lemon Flavor Infuser™ Drink Mix	0 g	✓	✓	✓	✓	✓	✓	✓	✓				Yes		Yes	100 mg	<5 mg		
Mixed Berry Flavor Infuser™ Drink Mix	0 g	✓	✓	✓	✓	✓	✓	✓	✓				Yes		Yes	100 mg			
Strawberry Lemonade Flavor Infuser™ Drink Mix	0 g	✓	✓	✓	✓	✓	✓	✓	✓				Yes		Yes	100 mg			

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