


* 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	No Sesame	Gluten Free	Kosher Dairy	Kosher Parve	Non-Kosher	Vegetarian Friendly Ovo-Lacto	Added Caffeine Amount per Serving	Natural Caffeine Amount per Serving	Contains Sugar Alcohol
OPTAVIA																			
OPTAVIA Bar Fuelings																			
Campfire S'mores Crisp Bar	10 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes		5-10 mg	Yes
Caramel Delight Crisp Bar	10 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes		5-10 mg	Yes
Chocolate Mint Cookie Crisp Bar	9 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes		<5 mg	Yes
Cookie Dough Bar	6 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes			Yes
Cranberry Honey Nut Granola Bar	9 g		✓	✓	✓	Almonds	✓	✓	✓	✓	✓		Yes			Yes			Yes
Creamy Double Peanut Butter Crisp Bar	8 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes			Yes
Drizzled Berry Crisp Bar	10 g		✓	✓	✓	✓	✓	✓	✓	✓	✓		Yes			Yes			Yes
Drizzled Chocolate Fudge Crisp Bar	9 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes		<5 mg	Yes
Frosted Cinnamon Spice Crisp Bar	10 g		✓	✓	✓	✓	✓	✓	✓	✓	✓		Yes			Yes			Yes
Lemon Tart Crisp Bar	10g		✓	✓	✓	✓	✓	✓	✓	✓	✓		Yes			Yes			Yes
Peanut Butter & Chocolate Chip Bar	6 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes		<5 mg	Yes
Raisin Oat Cinnamon Crisp Bar	10 g		✓	✓	✓	✓	✓	✓	✓	✓	✓		Yes			Yes			Yes
OPTAVIA Breakfast Style Fuelings																			
Apple & Cinnamon Spiced Oatmeal	9 g		✓	✓	✓	✓	✓	✓	✓	May Contain	✓			Yes		Yes			
Cinnamon O's Cereal	10 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes		Yes		Yes			
Golden Chocolate Chip Pancake Mix	5 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes		<5 mg	
Golden Pancake Mix	5 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes			
Maple & Brown Sugar Oatmeal	9 g		✓	✓	✓	✓	✓	✓	✓	May Contain	✓			Yes		Yes			
Mixed Berry O's Cereal	10 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes		Yes		Yes			
Sweet Blueberry Muffin Mix	7 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes			
OPTAVIA Crunchers, Poppers & Sticks Fuelings																			
BBQ Crunchers	13 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes		Yes		Yes			
Cheese Pizza Crunchers	13 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes			
Cinnamon Sugar Mini Pretzels	12 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes		Yes		Yes			
Honey Mustard & Onion Sticks	9 g		✓	✓	✓	✓	✓	✓	✓	✓	✓		Yes			Yes			
Nacho Cheese Poppers	9 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes			
OPTAVIA Dessert Style Fuelings																			
Chocolate Chip Cookie Cake Mix	8 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes		<5 mg	
Chocolate Fudge Pudding Mix	3 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes		<5 mg	
Cinnamon Roll Cake Mix	5 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes			
Coffee Soft Serve Mix	0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes		30-35 mg	
Decadent Chocolate Brownie Mix with Greek Yogurt Chips	9 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes		<5 mg	
Golden Butterscotch Blondie Mix	9g		✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes			
Mint Chocolate Soft Serve Mix	0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes		<5 mg	

✓ = Product does not contain allergen

Specific tree nut listed = Present in product



	Soy Protein Amount	No Soy	No Milk	No Egg	No Peanut	No Tree Nuts	No Fish	No Shellfish	No Wheat	No sesame	Gluten Free	Kosher Dairy	Kosher Parve	Non-Kosher	Vegetarian Friendly Ovo-Lacto	Added Caffeine Amount per Serving	Natural Caffeine Amount per Serving	Contains Sugar	Alcohol
OPTAVIA Drink Fuelings																			
Frothy Cappuccino Drink Mix	0 g	✓		✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes	55 mg	35-40 mg		
Velvety Hot Chocolate Drink Mix	0 g	✓		✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes		<5 mg		
OPTAVIA Hearty Fuelings																			
Cheddar Biscuit Mix	0 g	✓			✓	✓	✓	✓	✓	✓	Yes	Yes			Yes				
Cheesy Buttermilk Cheddar Mac	0 g	✓		✓	✓	✓	✓	✓	✓	✓		Yes			Yes				
Red Bean & Vegetable Chili Mix	8 g		✓	✓	✓	✓	✓	✓	✓	✓	Yes		Yes						
Roasted Garlic Mashed Potatoes	0 g	✓			✓	✓	✓	✓	✓	✓	Yes	Yes			Yes				
Rustic Tomato Herb Penne	9 g			✓	✓	✓	✓	✓	✓	✓		Yes			Yes				
Soft Pretzel Mix	0g	✓		✓	✓	✓	✓	✓	✓	✓		Yes			Yes				
Sour Cream and Chive Mashed Potatoes	0 g	✓			✓	✓	✓	✓	✓	✓	Yes	Yes			Yes				
OPTAVIA Shakes & Smoothie Fuelings																			
Caramel Macchiato Shake Mix	0 g	✓		✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes		5-10 mg		
Creamy Chocolate Shake Mix	11 g			✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes		<5 mg		
Creamy Vanilla Shake Mix	12 g			✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes				
Mocha Shake Mix	11 g			✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes		35-40 mg		
Peanut Butter Shake Mix	0 g	✓		✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes				
Rich Dark Chocolate Shake Mix	0 g	✓		✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes		10-15 mg		
Strawberry Delight Shake Mix	14 g		✓	✓	✓	✓	✓	✓	✓	✓	Yes		Yes		Yes				
OPTAVIA Soup Fuelings																			
Homestyle Chick'n Noodle Soup Mix	10 g		✓		✓	✓	✓	✓	✓	✓			Yes		Yes				
Savory Rice & Chicken Flavored Soup Mix	9 g		✓	✓	✓	✓	✓	✓	✓	✓	Yes			Yes					
OPTAVIA Snacks																			
Olive Oil & Sea Salt Popcorn	0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes		Yes		Yes				
White Cheddar Cheese Flavored Popcorn	0 g	✓		✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes				
Flavors of Home																			
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					
OPTAVIA ACTIVE™																			
Essential Amino Acid Blend Dietary Supplements																			
Orange Mango Essential Amino Acid Blend	0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes		Yes		Yes				
Strawberry Lemonade Essential Amino Acid Blend	0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes		Yes		Yes				
Protein Powder Drink Mixes																			
Chocolate Whey Protein	0 g	✓		✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes		<5 mg		
Vanilla Whey Protein	0 g	✓		✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes				

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Flavor Infusers																			
Essential1®: Calorie Burn Flavor Infusers™																			
Mixed Berry Flavor Infuser™ Drink Mix	0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes		Yes		Yes	100 mg			
Strawberry Lemonade Flavor Infuser™ Drink Mix	0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes		Yes		Yes	100 mg			
OPTAVIA ASCEND™																			
Bars																			
Birthday Cake Bar	0 g			✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes				Yes
Chocolate Brownie Bar	4g			✓		Almond	✓	✓	✓	✓	Yes	Yes			Yes		10-15 mg		Yes
Everything Bagel Bar	10g			✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes				Yes
Strawberry Shortcake Bar	4g			✓		Almond	✓	✓	✓	✓	Yes	Yes			Yes				Yes
Shakes																			
Vanilla Shake Mix	0 g	✓		✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes				
Chocolate Shake Mix	0 g	✓		✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes		<5 mg		
Strawberries & Cream Shake Mix	0 g	✓		✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes				
Breakfast																			
Waffle & Pancake Mix	0 g	✓		✓	✓	✓	✓	✓	✓	✓		Yes			Yes				
Cinnamon Toast Cereal	24g		✓	✓	✓	✓	✓	✓	✓	✓	Yes		Yes		Yes				
Hearty																			
Creamy Tomato Bisque Mix	0 g	✓		✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes				
Straws																			
Cheddar Straws	24g			✓	✓	✓	✓	✓	✓	✓	Yes	Yes			Yes				
Sweet Chili Straws	24g		✓	✓	✓	✓	✓	✓	✓	✓	Yes		Yes		Yes				
Supplements																			
Bilayer Multivitamin Tablet	0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes			Yes	Yes				Yes
Fish Oil Softgel	0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	Yes			Yes					Yes

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