


\* 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.

 <small>V240610</small>		Soy Protein Amount	No Soy	No Milk	No Egg	No Peanut	No Tree Nuts	No Fish	No Shellfish	No Wheat	No Sesame	Shared Equipment / Facility*	Gluten Free	Kosher Dairy	Kosher Parve	Non-Kosher	Vegetarian Friendly Oyo-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 Mint Cookie Crisp Bar	9 g			✓	✓		✓	✓	✓	✓	✓			Yes			Yes		<5 mg	Yes
Cookie Dough Bar	6 g			✓	✓		✓	✓	✓	✓	✓			Yes			Yes			Yes
Cranberry Honey Nut Granola Bar	9 g						Almonds	✓	✓	✓	✓	Yes		Yes			Yes			Yes
Creamy Double Peanut Butter Crisp Bar	8 g			✓			✓	✓	✓	✓	✓			Yes			Yes			Yes
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
Lemon Tart Crisp Bar	10g							✓	✓	✓	✓	Yes		Yes			Yes			Yes
Peanut Butter & Chocolate Chip Bar	6 g			✓			✓	✓	✓	✓	✓			Yes			Yes		<5 mg	Yes
Raisin Oat Cinnamon Crisp Bar	10 g							✓	✓	✓	✓	Yes		Yes			Yes			Yes
<b>OPTAVIA Breakfast Style Fuelings</b>																				
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			
<b>OPTAVIA Crunchers, Poppers &amp; Sticks Fuelings</b>																				
Smoky BBQ Crunchers	9 g		✓	✓	✓	✓	✓	✓	✓	✓	✓		Yes		Yes		Yes			
Cheese Pizza Crunchers	13 g			✓	✓	✓	✓	✓	✓	✓	✓		Yes	Yes			Yes			
Cinnamon Sugar Sticks	9 g			✓	✓	✓	✓	✓	✓	✓	✓	Yes		Yes			Yes			
Honey Mustard & Onion Sticks	9 g			✓	✓	✓	✓	✓	✓	✓	✓	Yes		Yes			Yes			
Jalapeño Cheddar Poppers	10 g			✓	✓	✓	✓	✓	✓	✓	✓		Yes	Yes			Yes			
<b>OPTAVIA Dessert Style Fuelings</b>																				
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	
<b>OPTAVIA Drink Fuelings</b>																				
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	

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Shared Equipment/Facility  
= See product page for more information



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<b>OPTAVIA Hearty Fuelings</b>																			
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			
Sour Cream and Chive Mashed Potatoes	0 g	✓			✓	✓	✓	✓	✓	✓		Yes	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
Mocha Shake Mix	11 g			✓	✓	✓	✓	✓	✓	✓		Yes	Yes			Yes		35-40 mg	
Peanut Butter Shake Mix	0 g	✓				✓	✓	✓	✓	✓		Yes	Yes			Yes			Yes
Rich Dark Chocolate Shake Mix	0 g	✓		✓	✓	✓	✓	✓	✓	✓		Yes	Yes			Yes		10-15 mg	Yes
Wild Strawberry Shake Mix	12 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>OPTAVIA ACTIVE™</b>																			
<b>Essential Amino Acid Blend Dietary Supplements</b>																			
Orange Mango Essential Amino Acid Blend	0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓		Yes		Yes		Yes			
Strawberry Lemonade Essential Amino Acid Blend	0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓		Yes		Yes		Yes			
<b>Protein Powder Drink Mixes</b>																			
Chocolate Whey Protein	0 g	✓		✓	✓	✓	✓	✓	✓	✓			Yes			Yes		<5 mg	
Vanilla Whey Protein	0 g	✓		✓	✓	✓	✓	✓	✓	✓			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
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

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<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>Essential<sup>1</sup>: Calorie Burn Flavor Infusers™</b>																			
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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