


* 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>V230412</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*	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	
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		5-10 mg	Yes	
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	
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	
Raisin Oat Cinnamon Crisp Bar	10 g							✓	✓			Yes		Yes			Yes			Yes	
Peanut Butter & Chocolate Chip Bar	6 g				✓			✓	✓		✓			Yes			Yes		<5 mg	Yes	
Lemon Tart Crisp Bar	10g							✓	✓			Yes		Yes			Yes			Yes	
OPTAVIA Breakfast Style Fuelings																					
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	5 g					✓		✓	✓		✓		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				
OPTAVIA Crunchers, Poppers & Sticks Fuelings																					
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				
OPTAVIA Dessert Style Fuelings																					
Chewy Chocolate Chip Cookie Mix	7 g				✓	✓		✓	✓		✓		Yes	Yes			Yes		<5 mg		
Chocolate Fudge Pudding Mix	3 g				✓	✓		✓	✓		✓		Yes	Yes			Yes		<5 mg		
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		
Golden Butterscotch Blondie Mix	9g					✓		✓	✓		✓		Yes	Yes			Yes				
Sweet Blueberry Biscuit Mix	7 g					✓		✓	✓		✓		Yes	Yes			Yes				

✓ = Product does not contain allergen

Specific tree nut listed =Present in product

Shared Equipment/Facility
= See product page for more information



	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*	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
OPTAVIA Drink Fuelings																			
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	
OPTAVIA Hearty Fuelings																			
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			
OPTAVIA Shakes & Smoothie Fuelings																			
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
Wild Strawberry Shake Mix	12 g			✓	✓	✓	✓	✓	✓	✓		Yes	Yes			Yes			
OPTAVIA Soup Fuelings																			
Homestyle Chick'n Noodle Soup Mix	10 g		✓		✓	✓	✓	✓	✓	✓				Yes		Yes			
Wild Rice & Chicken Flavored Soup Mix	9 g		✓	✓	✓	✓	✓	✓	✓	✓		Yes			Yes				
OPTAVIA Snacks																			
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			
Optimal Health																			
Optimal Health Bars																			
Dark Chocolate Dream Bar	15 g						✓	✓			Yes	Yes	Yes			Yes		5-10 mg	Yes
Strawberry Yogurt Bar	11 g						✓	✓			Yes	Yes	Yes			Yes			
Optimal Health Shakes																			
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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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				
Flavor Infusers																			
Essential¹: Calorie Burn Flavor Infusers™																			
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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