

The Optifast® VLCD Program

OFFERS AN EVIDENCE-BASED APPROACH TO HELP YOU ACHIEVE YOUR WEIGHT GOALS IN A SAFE AND EFFECTIVE WAY



Only 201kcal per serving



Excellent source of protein



3.6g soluble fibre per serving



Nutritionally complete meal replacements



Excellent source of 28 vitamins & minerals



Low GI



Gluten Free



Benefits include:

- **Medication-free** effective weight loss
- **Ease of preparation** even while on-the-go
- **Convenience** of pre-portioned, calorie-controlled servings which frees you from the hassle of meal planning

For advise, contact us



800 6011 633 (Singapore)



www.nestlehealthscience.sg