



# Medifast. Product Claims

Revised 4.22.2010 JK

Soy Protein (amount in grams)	Contains Tree Nuts	Contains Peanuts	Contains Fish	Contains Shellfish	Contains Wheat	Contains Milk	Contains Egg	Certified Gluten-Free by GFCO*	Kosher D= Kosher Dairy; P= Kosher Parve	Non-Kosher	Diabetic-Friendly	Vegetarian-Friendly**	Lactose-Free (<0.5gm)	Caffeine "Free" (1 mg or less)
----------------------------------	--------------------	------------------	---------------	--------------------	----------------	---------------	--------------	--------------------------------	---	------------	-------------------	-----------------------	--------------------------	-----------------------------------

\*www.gfco.org

\*\*Ovo-Lacto

## Medifast Meals:

### Brownie

Brownie	8.7					May Contain	✓			X	X	X	X	9 mg
---------	-----	--	--	--	--	-------------	---	--	--	---	---	---	---	------

### Cheese Puffs

Chili Nacho	9.0					✓			D		X	X		X
Parmesan	9.0					✓			D		X	X		X

### Crunch Bars

Caramel Crunch	9.3		✓			✓			D		X	X	X	X
Chocolate Crunch	8.7					✓			D		X	X		7mg
Chocolate Mint Crunch	9.2					✓			D		X	X	X	7mg
Cinnamon Roll Crunch	9.5					✓			D		X	X	X	X
Fruit & Nut Crunch	8.7	✓	✓			✓			D		X	X	X	X
Lemon Meringue Crunch	9.3					✓			D		X	X		X
Oatmeal Raisin Crunch	9.3					✓			D		X	X	X	X
Peanut Butter Crunch	8.4		✓			✓			D		X	X	X	X
S'more Crunch	9.1					✓			D		X	X		X
Strawberry Crunch	9.2					✓			D		X	X	X	X

### Eggs

Scrambled Eggs							✓	X		X	X	X	X	X
----------------	--	--	--	--	--	--	---	---	--	---	---	---	---	---

### Fruit Drinks

Cranberry Mango						✓		X		X	X	X	X	X
Tropical Punch						✓		X		X	X	X	X	X

### Hot Drinks

Cappuccino						✓		X	D		X	X		X
Chai Latte						✓		X	D		X	X		X
Hot Cocoa						✓		X	D		X	X		2.6 mg

### Iced Teas

Peach						✓		X		X	X	X	X	X
Raspberry						✓		X		X	X	X	X	X

#### Key

- X Meets Criteria
- ✓ Contains this ingredient

D Kosher Dairy  
P Kosher Parve

Printed: 5/3/2010



# Medifast. Product Claims


Revised 4.22.2010 JK

	Soy Protein (amount in grams)	Contains Tree Nuts	Contains Peanuts	Contains Fish	Contains Shellfish	Contains Wheat	Contains Milk	Contains Egg	Certified Gluten-Free by GFCO*	Kosher D= Kosher Dairy; P= Kosher Parve	Non-Kosher	Diabetic-Friendly	Vegetarian-Friendly**	Lactose-Free (<0.5gm)	Caffeine "Free" (1 mg or less)
<b>Medifast Maintenance Bars</b>															
Caramel Nut	6.4		✓				✓			D		X	X		Unknown
Chocolate Mint	6.4						✓			D		X	X		Unknown
Oatmeal Raisin	8.7						✓			D		X	X		X
<b>Oatmeals</b>															
Apple Cinnamon	8.1					✓				P		X	X	X	X
Blueberry	8.1					✓				P		X	X	X	X
Maple & Brown Sugar	8.1					✓				D		X	X	X	X
Peach Oatmeal	8.0					✓	✓			D		X	X	X	X
<b>Pretzel Sticks</b>															
Cinnamon	9.0	May Contain								D		X	X	X	X
Honey Mustard	9.0	May Contain								D		X	X	X	X
<b>Puddings</b>															
Banana	2.8						✓		X	D		X	X	X	X
Chocolate	2.9						✓		X	D		X	X	X	2.4 mg
Vanilla	2.9						✓		X	D		X	X	X	X
<b>Medifast 55 Shakes</b>															
Banana Crème	7.6						✓		X	D		X	X		X
Dutch Chocolate	8.0						✓		X	D		X	X		2.25 mg
French Vanilla	8.0						✓		X	D		X	X		X
Orange Crème	7.6						✓		X	D		X	X		X
Strawberry Crème	7.6						✓		X	D		X	X		X
Swiss Mocha	8.0						✓		X	D		X	X		8.7 mg
<b>Medifast 70 Shakes</b>															
Banana Crème	9.7						✓		X	D		X	X		X
Dutch Chocolate	9.7						✓		X	D		X	X		2.7 mg
French Vanilla	9.7						✓		X	D		X	X		X
Orange Crème	9.7						✓		X	D		X	X		X
Strawberry Crème	9.7						✓		X	D		X	X		X
Swiss Mocha	9.7						✓		X	D		X	X		13 mg

**Key**  
 X Meets Criteria  
 ✓ Contains this ingredient

D Kosher Dairy  
 P Kosher Parve

Printed: 5/3/2010

 <b>Product Claims</b>	<b>Soy Protein</b> (amount in grams)	<b>Contains Tree Nuts</b>	<b>Contains Peanuts</b>	<b>Contains Fish</b>	<b>Contains Shellfish</b>	<b>Contains Wheat</b>	<b>Contains Milk</b>	<b>Contains Egg</b>	<b>Certified Gluten-Free</b> by GFCO*	<b>Kosher</b> D= Kosher Dairy; P= Kosher Parve	<b>Non- Kosher</b>	<b>Diabetic-Friendly</b>	<b>Vegetarian-Friendly**</b>	<b>Lactose-Free</b> (<0.5gm)	<b>Caffeine "Free"</b> (1 mg or less)
Revised 4.22.2010 JK									*www.gfco.org				**Ovo-Lacto		
<b>Medifast Ready-to-Drink Shakes</b>															
Dutch Chocolate	10.5									D		X	X	X	1.23 mg
French Vanilla	11.0									D		X	X	X	X
<b>Soups</b>															
Beef Vegetable Stew	4.9					✓					X	X		X	X
Chicken Noodle	9.7					✓		✓			X	X		X	X
Chicken & Wild Rice	3.4								X		X	X		X	X
Cream of Broccoli	Soy Sauce					✓	✓				X	X		X	X
Cream of Chicken	Soy Sauce					✓	✓				X	X			X
Cream of Tomato							✓		X	D		X	X		X
Homestyle Chili	10.5					✓					X	X		X	X
Maryland Crab	10.0				✓				X		X	X		X	X
<b>Specialty Items for Optimal Health, Weight Loss and Weight Maintenance Success</b>															
<b>Essential1: Antioxidants Shakes and Infusers</b>															
Cherry Pomegranate							✓		X	D		X	X	X	X
Dark Chocolate							✓		X	D		X	X	X	12.5 mg
Raspberry Acai Flavor Infuser™*											X	X	X	X	X
White Grape Peach Flavor Infuser™*											X	X	X	X	X
<b>Essential1: Calorie Burn Shakes and Infusers</b>															
Cappuccino							✓		X	D			X		100 mg
Green Tea Lemon Flavor Infuser™*											X		X	X	100 mg
Mixed Berry Flavor Infuser™*											X		X	X	100 mg
Strawberry Lemonade Flavor Infuser™*											X		X	X	100 mg
<b>Essential1: Dietary Supplements</b>															
Essential1: Digestive Health Custom Probiotic & Enzyme Blend Dietary Supplements*											X	X		X	X
Essential1: Heart Health Super Omega-3 Dietary Supplement*				✓							X	X		X	X
*Not a Medifast meal; should be used in addition to your daily Medifast meals															

**Key**  
 X Meets Criteria  
 ✓ Contains this ingredient

D Kosher Dairy  
 P Kosher Parve



# Medifast. Product Claims

Revised 4.22.2010 JK

Soy Protein (amount in grams)	Contains Tree Nuts	Contains Peanuts	Contains Fish	Contains Shellfish	Contains Wheat	Contains Milk	Contains Egg	Certified Gluten-Free by GFCO*	Kosher D= Kosher Dairy; P= Kosher Parve	Non-Kosher	Diabetic-Friendly	Vegetarian-Friendly**	Lactose-Free (<0.5gm)	Caffeine "Free" (1 mg or less)
----------------------------------	--------------------	------------------	---------------	--------------------	----------------	---------------	--------------	--------------------------------	---	------------	-------------------	-----------------------	--------------------------	-----------------------------------

\*www.gfco.org

\*\*Ovo-Lacto

## Specialty Items for Optimal Health, Weight Loss and Weight Maintenance Success

### Medifast Plus for Appetite Suppression Shakes

Chocolate	9.5					✓				D		X	X		2.2 mg
Vanilla	9.9			✓			✓			D		X			X

### Medifast Plus for Coronary Health Shakes

Chocolate	9.8				✓	✓					X	X	X		2.4 mg
Strawberry	10.2				✓	✓					X	X	X		X

### Medifast Plus for Diabetics Shakes

Chocolate	8.5					✓				D		X	X		2.2 mg
Strawberry	9.0					✓				D		X	X		X
Vanilla	9.0			✓		✓				D		X			X

### Medifast Plus for Joint Health Shakes

Chocolate	8.6			✓		✓					X	X			2.2 mg
Vanilla	9.0			✓	✓	✓	✓				X	X			X

### Medifast Plus for Women's Health

Chocolate	10.0				✓	✓	✓				X	X	X	X	2.2 mg
Vanilla	10.0				✓	✓	✓				X	X	X	X	X

## Snack Items

The following are optional snack items, which should not be counted as one of your daily Medifast Meals. For best results, limit optional snacks to only ONE per day.

### Crackers

Garden Vegetable					✓						X	X	X	X	X
Multi-grain					✓						X	X	X	X	X

### Soy Crisps

Apple Cinnamon	✓									P		X	X	X	X
White Cheddar	✓					✓				D		X	X	X	X
Ranch	✓					✓				D		X	X	X	X

Please note: Product information may change over time, therefore the ingredient label on the package is always the best and most current information for that specific product.

#### Key

- X Meets Criteria
- ✓ Contains this ingredient

- D Kosher Dairy
- P Kosher Parve

Printed: 5/3/2010