



**Medifast.**  
**Product Claims**

|   | Kosher Dairy | Kosher Parve | Non- Kosher | Diabetic Product | Vegetarian Product | Contains Whey | Low Lactose (<1.0gm) | Lactose Free (<0.5gm) | Caffeine Content (mg) | Gluten | Contains Milk | Contains Egg | Contains Fish | Contains Shellfish | Contains Tree Nuts | Contains Wheat | Contains Peanuts | Soy (g) |
|---|--------------|--------------|-------------|------------------|--------------------|---------------|----------------------|-----------------------|-----------------------|--------|---------------|--------------|---------------|--------------------|--------------------|----------------|------------------|---------|
| <b>Medifast 55</b>                            |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Dutch Chocolate                               | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 2.25                  | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ✓              |                  | 8.00    |
| French Vanilla                                | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ✓              |                  | 8.00    |
| Strawberry Crème                              | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ✓              |                  | 8.00    |
| Orange Crème                                  | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ✓              |                  | 8.00    |
| Swiss Mocha                                   | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 8.70                  | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ✓              |                  | 8.00    |
| Banana Crème                                  | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ✓              |                  | 8.00    |
| <b>Medifast Ready-to-Drink Shakes</b>         |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Dutch Chocolate                               | ✓            |              |             | ✓                | ✓                  |               |                      | ✓                     | 1.23                  | <5ppm  |               |              |               |                    |                    |                |                  | 10.50   |
| French Vanilla                                | ✓            |              |             | ✓                | ✓                  |               |                      | ✓                     | 0                     | <5ppm  |               |              |               |                    |                    |                |                  | 11.00   |
| <b>Medifast 70</b>                            |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Dutch Chocolate                               | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 2.7                   | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ●              |                  | 9.80    |
| French Vanilla                                | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ✓              |                  | 10.20   |
| Strawberry Crème                              | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ✓              |                  | 10.20   |
| Orange Crème                                  | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ✓              |                  | 10.20   |
| Swiss Mocha                                   | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 13.41                 | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ✓              |                  | 10.20   |
| Banana Crème                                  | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ✓              |                  | 10.20   |
| <b>Medifast Plus for Appetite Suppression</b> |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Chocolate                                     | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 2.2                   | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ●              |                  | 9.50    |
| Vanilla                                       | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 0                     | <5ppm  | ✓             | ●            | ✓             | ●                  |                    | ●              |                  | 9.90    |
| <b>Medifast Plus for Diabetics</b>            |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Chocolate                                     | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 2.2                   | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ●              |                  | 8.50    |
| Vanilla                                       | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 0                     | <5ppm  | ✓             | ●            | ✓             | ●                  |                    | ●              |                  | 9.00    |
| Strawberry                                    | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ●              |                  | 9.00    |
| <b>Medifast Plus for Joint Health</b>         |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Chocolate                                     |              |              | ✓           | ✓                |                    | ✓             | ✓                    |                       | 2.2                   | <5ppm  | ✓             | ●            | ✓             | ●                  |                    | ●              |                  | 8.60    |
| Vanilla                                       |              |              | ✓           | ✓                |                    | ✓             | ✓                    |                       | 0                     | <5ppm  | ✓             | ✓            | ✓             | ●                  |                    | ✓              |                  | 9.00    |
| <b>Medifast Plus for Women's Health</b>       |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Chocolate                                     |              |              | ✓           | ✓                | ✓                  | ✓             |                      | ✓                     | 2.2                   | +      | ✓             | ✓            | ●             | ●                  |                    | ✓              |                  | 10.00   |
| Vanilla                                       |              |              | ✓           | ✓                | ✓                  | ✓             |                      | ✓                     | 0                     | +      | ✓             | ✓            | ●             | ●                  |                    | ✓              |                  | 10.00   |


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|  <b>Product Claims</b> | Kosher Dairy | Kosher Parve | Non-Kosher | Diabetic Product | Vegetarian Product | Contains Whey | Low Lactose (<1.0gm) | Lactose Free (<0.5gm) | Caffeine Content (mg) | Gluten | Contains Milk | Contains Egg | Contains Fish | Contains Shellfish | Contains Tree Nuts | Contains Wheat | Contains Peanuts | Soy (g) |
|--|--------------|--------------|------------|------------------|--------------------|---------------|----------------------|-----------------------|-----------------------|--------|---------------|--------------|---------------|--------------------|--------------------|----------------|------------------|---------|
| <b>Medifast Plus for Coronary Health</b>   |              |              |            |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Chocolate  |              |              | ✓          | ✓                | ✓                  | ✓             | ✓                    |                       | 2.4                   | +      | ✓             | ●            | ●             | ●                  |                    | ✓              |                  | 9.80    |
| Strawberry   |              |              | ✓          | ✓                | ✓                  | ✓             | ✓                    |                       | 0                     | +      | ✓             | ●            | ●             | ●                  |                    | ✓              |                  | 10.20   |
| <b>Essential1: Calorie Burn</b>  |              |              |            |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Cappuccino   | ✓            |              |            |                  | ✓                  | ✓             | ✓                    |                       | 100                   | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ●              |                  | ●       |
| Green Tea Lemon Flavor Infuser™  |              |              | ✓          |                  | ✓                  |               |                      | ✓                     | 100                   | <5ppm  | ●             | ●            | ●             | ●                  |                    | ●              |                  | ●       |
| Mixed Berry Flavor Infuser™  |              |              | ✓          |                  | ✓                  |               |                      | ✓                     | 100                   | <5ppm  | ●             | ●            | ●             | ●                  |                    | ●              |                  | ●       |
| Strawberry Lemonade Flavor Infuser™  |              |              | ✓          |                  | ✓                  |               |                      | ✓                     | 100                   | <5ppm  | ●             | ●            | ●             | ●                  |                    | ●              |                  | ●       |
| <b>Essential1: Antioxidants</b>  |              |              |            |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Cherry Pomegranate   | ✓            |              |            | ✓                | ✓                  | ✓             |                      | ✓                     | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ●              |                  | ●       |
| Dark Chocolate   | ✓            |              |            | ✓                | ✓                  | ✓             |                      | ✓                     | 12.5                  | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ●              |                  | ●       |
| Raspberry Acai Flavor Infuser™   |              |              | ✓          | ✓                | ✓                  |               |                      | ✓                     | 0                     | <5ppm  | ●             | ●            | ●             | ●                  |                    | ●              |                  | ●       |
| White Grape Peach Flavor Infuser™  |              |              | ✓          | ✓                | ✓                  |               |                      | ✓                     | 0                     | <5ppm  | ●             | ●            | ●             | ●                  |                    | ●              |                  | ●       |
| <b>Crunch Bars</b>   |              |              |            |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Chocolate Crunch Bar   | ✓            |              |            | ✓                | ✓                  |               | ✓                    |                       | 7mg                   | <5ppm  | ✓             |              |               |                    | ●                  | ●              | ●                | 8.7     |
| Chocolate Mint Crunch Bar  | ✓            |              |            | ✓                | ✓                  |               |                      | ✓                     | 7mg                   | <5ppm  | ✓             |              |               |                    | ●                  | ●              | ●                | 9.2     |
| Peanut Butter Crunch Bar   | ✓            |              |            | ✓                | ✓                  |               |                      | ✓                     | 1mg                   | <5ppm  | ✓             |              |               |                    | ●                  | ●              | ✓                | 8.4     |
| Lemon Meringue Crunch Bar  | ✓            |              |            | ✓                | ✓                  | ✓             | ✓                    |                       | <0.1mg                | <5ppm  | ✓             |              |               |                    | ●                  | ●              | ●                | 9.3     |
| Oatmeal Raisin Crunch Bar  | ✓            |              |            | ✓                | ✓                  |               |                      | ✓                     | <0.1mg                | <5ppm  | ✓             |              |               |                    | ●                  | ●              | ●                | 9.3     |
| Caramel Crunch Bar   | ✓            |              |            | ✓                | ✓                  |               |                      | ✓                     | <0.1mg                | <5ppm  | ✓             |              |               |                    | ●                  | ●              | ✓                | 9.3     |
| Fruit & Nut Crunch Bar   | ✓            |              |            | ✓                | ✓                  |               |                      | ✓                     | <0.1mg                | <5ppm  | ✓             |              |               |                    | ✓                  | ●              | ✓                | 8.7     |
| S'more Crunch Bar  | ✓            |              |            | ✓                | ✓                  |               | ✓                    |                       | 1mg                   | <5ppm  | ✓             |              |               |                    | ●                  | ●              | ●                | 9.1     |
| Cinnamon Roll Crunch Bar   | ✓            |              |            | ✓                | ✓                  |               |                      | ✓                     | <0.1mg                | <5ppm  | ✓             |              |               |                    | ●                  | ●              | ●                | 9.5     |
| Strawberry Crunch Bar  | ✓            |              |            | ✓                | ✓                  |               |                      | ✓                     | <0.1mg                | <5ppm  | ✓             |              |               |                    | ●                  | ●              | ●                | 9.2     |


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|---|--------------|--------------|-------------|------------------|--------------------|---------------|----------------------|-----------------------|-----------------------|--------|---------------|--------------|---------------|--------------------|--------------------|----------------|------------------|---------|
| <b>Maintenance Bars</b>   |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Chocolate Mint  | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | ≠                     | <5ppm  | ✓             |              |               |                    | ●                  | ●              | ●                | ✓       |
| Oatmeal Raisin  | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 0                     | <5ppm  | ✓             |              |               |                    | ●                  | ●              | ●                | ✓       |
| Caramel Nut   | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | ≠                     | <5ppm  | ✓             |              |               |                    | ●                  | ●              | ✓                | ✓       |
| <b>Oatmeal</b>  |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Apple Cinnamon  | ✓            |              |             | ✓                | ✓                  |               |                      | ✓                     | 0                     | +      | ●             | ●            | ●             | ●                  |                    | ✓              |                  | 8.10    |
| Blueberry   | ✓            |              |             | ✓                | ✓                  |               |                      | ✓                     | 0                     | +      | ●             | ●            | ●             | ●                  |                    | ✓              |                  | 8.10    |
| Maple & Brown Sugar   | ✓            |              |             | ✓                | ✓                  |               |                      | ✓                     | 0                     | +      | ●             | ●            | ●             | ●                  |                    | ✓              |                  | 8.10    |
| Peach Oatmeal   | ✓            |              |             | ✓                | ✓                  |               |                      | ✓                     | 0                     | +      | ✓             | ●            | ●             | ●                  |                    | ✓              |                  | 8.00    |
| <b>Fruit Drinks</b>   |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Tropical Punch  |              |              | ✓           | ✓                | ✓                  |               |                      | ✓                     | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ●              |                  | ●       |
| Cranberry Mango   |              |              | ✓           | ✓                | ✓                  | ✓             |                      | ✓                     | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ●              |                  | ●       |
| <b>Iced Tea</b>   |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Peach   |              |              | ✓           | ✓                | ✓                  | ✓             |                      | ✓                     | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ●              |                  | ●       |
| Raspberry   |              |              | ✓           | ✓                | ✓                  | ✓             |                      | ✓                     | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ●              |                  | ●       |
| <b>Pudding</b>  |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Chocolate   | ✓            |              |             | ✓                | ✓                  | ✓             |                      | ✓                     | 2.4                   | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ●              |                  | 3.00    |
| Vanilla   | ✓            |              |             | ✓                | ✓                  | ✓             |                      | ✓                     | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ●              |                  | 3.00    |
| Banana  | ✓            |              |             | ✓                | ✓                  | ✓             |                      | ✓                     | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ●              |                  | 3.00    |
| <b>Soups</b>  |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Cream of Broccoli   |              |              | ✓           | ✓                |                    | ✓             |                      | ✓                     | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ✓              |                  | ✓       |
| Cream of Chicken  |              |              | ✓           | ✓                |                    | ✓             | ✓                    |                       | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ✓              |                  | ✓       |
| Cream of Tomato   | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ✓              |                  | ●       |
| Chicken Noodle Soup   |              |              | ✓           | ✓                |                    |               |                      | ✓                     | 0                     | +      | ●             | ✓            | ●             | ●                  |                    | ✓              |                  | 9.70    |
| Chicken & Wild Rice Soup  |              |              | ✓           | ✓                |                    |               |                      | ✓                     | 0                     | <5ppm  | ●             | ●            | ●             | ●                  |                    | ●              |                  | 3.40    |
| Beef Vegetable Stew   |              |              | ✓           | ✓                |                    |               |                      | ✓                     | 0                     | <5ppm  | ●             | ●            | ●             | ●                  |                    | ✓              |                  | 4.90    |
| Homestyle Chili   |              |              | ✓           | ✓                |                    |               |                      | ✓                     | 0                     | ≠      | ●             | ●            | ●             | ●                  |                    | ✓              |                  | 10.5    |
| MD Crab Soup  |              |              | ✓           | ✓                |                    |               |                      | ✓                     | 0                     | <5ppm  | ●             | ●            | ●             | ✓                  |                    | ●              |                  | 10.0    |

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| <b>Hot Drinks</b>  |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Cappuccino   | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ●              |                  | ●       |
| Chai Latte   | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 0                     | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ●              |                  | ●       |
| Hot Cocoa  | ✓            |              |             | ✓                | ✓                  | ✓             | ✓                    |                       | 2.6                   | <5ppm  | ✓             | ●            | ●             | ●                  |                    | ●              |                  | ●       |
| <b>Eggs</b>  |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Scrambled Eggs   |              |              | ✓           | ✓                | ✓                  |               |                      | ✓                     | 0                     | <5ppm  | ●             | ✓            | ●             | ●                  |                    | ●              |                  | ●       |
| <b>Pretzels</b>  |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Cinnamon Toast Pretzel Sticks  | ✓            |              |             | ✓                | ✓                  |               |                      | ✓                     | 0                     | ≠      | ●             |              |               |                    | ✓                  |                |                  | 9.00    |
| Honey Mustard Pretzel Sticks   | ✓            |              |             | ✓                | ✓                  |               |                      | ✓                     | 0                     | ≠      | ●             |              |               |                    | ✓                  |                |                  | 9.00    |
| <b>Puffs</b>   |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Chili Nacho  | ✓            |              |             | ✓                | ✓                  | ✓             |                      |                       | 0                     | ≠      | ✓             |              |               |                    | ●                  | ●              |                  | 9.00    |
| Parmesan Cheese  | ✓            |              |             | ✓                | ✓                  | ✓             |                      |                       | 0                     | ≠      | ✓             |              |               |                    | ●                  | ●              |                  | 9.00    |
| <b>Brownie</b>   |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Brownie  |              |              | ✓           | ✓                | ✓                  |               |                      | ✓                     | 9                     | ≠      | May           | ✓            | ●             | ●                  |                    | ●              |                  | 8.7     |
| <i>The Following are SNACK ITEMS (Not Considered To Be a Medifast Meal--Individuals may have up to ONE optional snack item per day):</i> |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| <b>Crackers</b>  |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Multi-grain  |              |              | ✓           | ✓                | ✓                  |               |                      | ✓                     | 0                     | +      |               |              |               |                    |                    | ✓              |                  | ●       |
| Garden Vegetable   |              |              | ✓           | ✓                | ✓                  |               |                      | ✓                     | 0                     | +      |               |              |               |                    |                    | ✓              |                  | ●       |
| <b>Soy Crisps</b>  |              |              |             |                  |                    |               |                      |                       |                       |        |               |              |               |                    |                    |                |                  |         |
| Apple Cinnamon   |              | ✓            |             | ✓                | ✓                  |               |                      | ✓                     | 0                     | <5ppm  | ●             |              |               |                    |                    | ●              |                  | ✓       |
| White Cheddar  | ✓            |              |             | ✓                | ✓                  |               |                      | ✓                     | 0                     | <5ppm  | ✓             |              |               |                    |                    | ●              |                  | ✓       |
| Ranch  | ✓            |              |             | ✓                | ✓                  |               |                      | ✓                     | 0                     | <5ppm  | ✓             |              |               |                    |                    | ●              |                  | ✓       |

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