

Optifast® Very Low Calorie Diet Plan

Optifast® VLCD is a nutritionally complete Very Low Calorie Diet designed for dietary management of obesity. Your doctor or dietitian may prescribe Optifast® VLCD to help you reach your healthy goal weight faster. The weight loss achieved by this plan could help cure you from several diseases such as diabetes and heart disease.

Optifast® VLCD will totally replace all your normal food intake.
Instead of your meals you need to take:

Milkshake: 3 Sachets / day
Bars: 3 Bars / day
Soup alone: 4 Sachets/day
Combination: 2 Sachet of Soup / day
2 Sachets of Milkshake /day

Flavours: Chocolate or Vanilla Milkshake
Chicken Soup
Berry Crunch or Chocolate Fudge Bar
Chocolate Mousse Dessert

For more information please feel free to contact Hanan Saleh on:
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