

INSTRUCTIONS FOR MIXING OPTIFAST®

1. Mix one (1) package OPTIFAST Supplement with 8 oz or water or diet soda. Fill the shaker with water first then add OPTIFAST. **MAKE SURE TO USE THE SHAKER PROVIDED AND SHAKE VIGOROUSLY FOR A FULL 30 SECONDS.**
2. Take five (5) OPTIFAST packets per day, spaced evenly throughout the day about 2 to 3 hours apart.
3. **Water ONLY** in the shaker bottle. **DO NOT PUT SODA IN THE SHAKER BOTTLE.**
4. To make cocoa, heat the water first then add the Chocolate OPTIFAST to the water. **DO NOT HEAT THE OPTIFAST ABOVE ROOM TEMPERATURE.** If you add Chocolate OPTIFAST to coffee, heat the coffee first then add the OPTIFAST to the coffee.
5. If you have an occasion where there is a long time span between OPTIFAST supplements (6 hours or more), take two (2) OPTIFAST supplements before the long span or right after the long span.
6. Clean all utensils, OPTIFAST sticks if allowed to dry. Rinse the blender or shaker well.
7. If you pre-mix the OPTIFAST, keep it in a cooler or other type of cold area. It will spoil at room temperature, once mixed.
8. Vanilla OPTIFAST mixes well with all types of diet pop and water. You may add ice to the supplement and you may freeze the supplement. Strawberry OPTIFAST mixes well with diet red sodas and diet lemon-lime sodas.

If you have any questions, feel free to call us.