

Allina Health Weight Management – OPTIFAST® Program
Product Weekly Order Form – HOPKINS
Email Order to: OptifastHopkins@Allina.com
Or Fax to: 952-933-8662

Name: _____ Date: _____
 Week Number: _____ Servings/week _____

Weight Management – Optifast Program cannot exchange OPTIFAST® products once they have left the building. The program also does not accept returns on OPTIFAST® products, for any reason. No refunds will be given for OPTIFAST® products.

OPTIFAST® products are not to be stored in extreme temperatures (for example: a car exposed to the summer heat). The products are best stored at room temperature.

PRODUCT NAME	QUANTITY DESIRED	PRICE: EACH	TOTAL COST
OPTIFAST 800 Powder	Sold by the box (7 packets per box)	Box 7 servings	
Chocolate		\$ 21.00	
Vanilla		\$ 21.00	
Strawberry		\$ 21.00	
OPTIFAST 800 FMR BARS	Sold by the box (1 box 7 servings)	Box 7 servings	
Chocolate		\$ 24.50	
Chocolate Peanut Butter		\$ 24.50	
Apple Cinnamon		\$ 24.50	
OPTIFAST 800 Ready-to-Drink	Sold individually or by the case	Case 27 servings	
Chocolate	1 serving \$3.50	\$ 94.50	
French Vanilla	1 serving \$3.50	\$ 94.50	
Strawberry	1 serving \$3.50	\$ 94.50	
OPTIFAST 800 Soup Powder	Sold by the box (7 packets per box)	Box 7 servings	
Tomato Soup		\$ 21.00	
Chicken Soup		\$ 21.00	
Vegetable		\$ 21.00	

OPTIFAST HP Powder	Sold by the box (6 packets per box)	Box 6 servings	
Chocolate		\$ 26.50	
Vanilla		\$ 26.50	
OPTIFAST HP Ready-to-Drink	Sold by the box (4 per pack)	Box 4 servings	
Chocolate		\$ 18.00	
Vanilla		\$ 18.00	

Shaker Bottle	Sold individually Quantity Desired	Price Each:	Total Cost
Allina Health shaker bottle to mix protein shakes and soups		\$ 10.00	

Preparing the Product:

Mix one packet of powdered OPTIFAST 800® product with 6 to 10 ounces of water, depending on the product, in a shaker or blender.

- Pour water in shaker, add packet of product and shake for 15 to 30 seconds, depending on the product. (For a frothier, creamier serving, process with water and ice in a blender.)
- Do not use carbonated or warm beverages in a shaker; they will “explode”. Stir them instead. NOTE: Shakers are not intended for use with heated products.
- Powder may form clumps if allowed to sit too long after mixing. Mix just before you plan to consume it. Another helpful tip is to wash your glass and shaker or blender immediately after each use.
- OPTIFAST Ready-to-Drink product is ready when you are. Store at room temperature and chill before serving. Shake well before opening. Insert straw into port or pull foil tab and pour into container.

Storing the Product:

- The products should be stored at room temperature. Extreme heat (such as the glove compartment or trunk of your car) will cause the nutrients to break down faster and the product may not look or taste as appetizing.
- If you must premix the powdered product, store it in a thermos, in the refrigerator, or in an ice-filled cooler to prevent spoilage. The product tastes best when you consume it immediately after mixing. Don’t keep it any longer than 24 hours after mixing, even if it has been refrigerated.