

**Allina Health Weight Management – OPTIFAST® Program**  
**Product Weekly Order Form – MERCY**  
**Email Order to: [OptifastMercy@allina.com](mailto:OptifastMercy@allina.com)**  
**Or Fax to: 763-236-2044**

Product may only be picked up at this location on **Monday or Friday**

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
<b>OPTIFAST 800 Powder</b>	<b>Sold by the box</b> (7 packets per box)	<b>Box 7 servings</b>	
Chocolate		\$ 21.00	
Vanilla		\$ 21.00	
Strawberry		\$ 21.00	
<b>OPTIFAST 800 FMR BARS</b>	<b>Sold by the box</b> (1 box 7 servings)	<b>Box 7 servings</b>	
Chocolate		\$ 24.50	
Chocolate Peanut Butter		\$ 24.50	
Apple Cinnamon		\$ 24.50	
<b>OPTIFAST 800 Ready-to-Drink</b>	<b>Sold individually or by the case</b>	<b>Case 27 servings</b>	
Chocolate	1 serving \$3.50	\$ 94.50	
French Vanilla	1 serving \$3.50	\$ 94.50	
Strawberry	1 serving \$3.50	\$ 94.50	
<b>OPTIFAST 800 Soup Powder</b>	<b>Sold by the box</b> (7 packets per box)	<b>Box 7 servings</b>	
Tomato Soup		\$ 21.00	
Chicken Soup		\$ 21.00	
Vegetable		\$ 21.00	

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

<b>Shaker Bottle</b>	<b>Sold individually</b> <b>Quantity Desired</b>	<b>Price Each:</b>	<b>Total Cost</b>
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 pre-mix 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.