



Information for Your Healthcare Provider

Starting a weight management program is a step towards improved health. Even small weight losses can have significant health benefits. However, because changing your diet can affect some medical conditions or interact with some medications, we would like you to **share this information with your healthcare provider before you begin Nutrisystem®.**

This document provides a brief description of our most popular Nutrisystem plans. If you do not see your specific plan information included in this document, you can reach out to our Nutrition Support team at customerservice@nutrisystem.com to receive specific information to share with your doctor regarding your specific plan.

What is Nutrisystem®?

In short, Nutrisystem® programs provide portion-controlled, single-serving meals and snacks, which customers supplement with household grocery items (ex. vegetables, fruit, dairy, lean proteins, whole grains) to achieve a reduced calorie meal plan. The Nutrisystem program encourages a healthy eating pattern and the development of healthy lifestyle habits, however it is not intended to treat any illness or disease.

Nutrisystem offers a variety of plan options to meet customers' weight loss needs. Nutrisystem foods are shipped to the customer's home every 4 weeks. There are also options for Partner Plans, which provide the same Nutrisystem foods and meal plans but with shipments occurring every 2 weeks instead of 4 weeks.

This document provides a brief description of each Nutrisystem plan. You can also request a full nutrition summary of each plan by emailing customerservice@nutrisystem.com. Nutrisystem meal plans are **designed to provide a balance of protein, quality carbohydrates like fiber, and healthy fats**. Nutrisystem meal plans have been designed to deliver on average:

- **High protein**, providing at least 25% of calories from protein.
- **High fiber**, aligning with the USDA Dietary Guidelines recommendations.
- **Low saturated fats**, providing no more than 10% of calories from saturated fats.
- **Low added sugars**, providing no more than 10% of calories from added sugars.

Keep in mind that the meal plan averages are based on the average of Nutrisystem meals and snacks, plus the estimated average for the grocery food add-ins outlined in the comprehensive Nutrisystem [Grocery Guide](#). Actual daily nutrition may vary based on the individual's Nutrisystem food selections and grocery food add-ins.

If your patient requires a specialized diet and/or specific nutrient intakes, you will need to provide individualized guidance to help the patient adjust their Nutrisystem meal plan.

Nutrisystem offers filters on its website at [Nutrisystem.com](https://www.nutrisystem.com) for customers to remove specific allergies, if needed; however, **Nutrisystem does not provide professional medical services or advice. Information provided by the website, coaching team, and/or mobile app do not contain or constitute, and should not be interpreted as, medical advice or opinion.** Nutrition facts and ingredient statements for all Nutrisystem menu options can be found on the Nutrisystem website at <https://www.nutrisystem.com/menu>.

Who is Ineligible for the Nutrisystem Program?

People with certain conditions may not use the Nutrisystem weight loss program; these include but are not limited to people who: (a) are pregnant, (b) are allergic to soy or peanuts, (c) have anorexia or bulimia within the last 5 years, (d) BMI under 18.5, (d) consumers who have not reached the age of majority where they live.

What is SmartAdapt?

SmartAdapt is a feature within Nutrisystem's app that works by tailoring a customer's daily calorie goal and recommended meal plan to their individual metabolism. Nutrisystem uses an algorithm that incorporates the science of the Mifflin St. Jeor equation for calculating daily energy needs along with lifestyle activity. Factors such as age, gender, starting weight, height, and activity will provide a specific daily calorie goal to support a weight loss of 1 – 2 pounds per week. ***Women's calorie goals will range from 1,200 to 2,100 calories per day and men's calorie goals will range from 1,500 to 2,500 calories per day.*** Based on the individual's daily calorie goal, they will be provided a meal plan in the app designed to align with their calorie goal. Meal plans are developed based on 100 calorie increments. For example, a customer with a daily calorie goal of 1525 calories will be provided with a meal plan designed to be within a daily calorie range of 1500 – 1599 calories.

SmartAdapt will adjust the daily calorie goal throughout the customer's weight loss journey. ***Beginning in the second month of the Nutrisystem plan, the daily calorie goal will be adjusted after every 10 pounds of weight loss logged in the Nutrisystem app.*** The adjusted calorie goal will consider the individual's current body weight and/or changes in activity to account for metabolic adaptations and minimize the risk of a weight loss plateau. If a customer experiences a weight loss plateau (i.e., weight loss of less than ½ pound per week for 3 consecutive weeks) the app will provide the option to enable Plateau mode to adjust calories to support a healthy rate of weight loss.

Customers that do not enable the SmartAdapt feature within the Nutrisystem app will receive a Nutrisystem meal plan that is designed to provide on average 1,200 calories per day for women and 1,500 calories per day for men.

SmartAdapt 50+ Meal Plans

The Nutrisystem 50+ meal plans are specially designed for women and men 50 years or older. Compared to the Nutrisystem Program (those under 50 or who choose not to enable SmartAdapt), this plan provides a meal plan that is designed to front-load calories and carbohydrates earlier in the day.

To begin the plan, customers will download the free Nutrisystem app to log and track their daily meal plan. ***They can choose to enable SmartAdapt ([See What is SmartAdapt on page 2](#)) in the app for their personal calorie goal based on their age, gender and activity level or opt to not enable SmartAdapt. If they opt-out of SmartAdapt, they will be provided a standard 1,200-calorie meal plan. Women that choose to not enable SmartAdapt and have 100 pounds or more to lose will be provided a 1,400-calorie meal plan and men will be provided with a 1,700 calorie meal plan.***

The meal plan includes 5 daily eating occasions – breakfast, morning snack, lunch, afternoon snack, and dinner. Customers include Nutrisystem foods and snacks along with fresh grocery food add-ins, which are called PowerFuels, SmartCarbs, Vegetables, Extras, and Free Foods. Customers are provided with the Nutrisystem Grocery Guide for guidance on their grocery food add-ins.

Overview of Nutrisystem® Program, Meal Delivery Plans and Club Advantage

The following section includes a brief description of all Nutrisystem's offers, as well as some special features or products that may be included in some, but not all, plans, such as our optional jumpstart lower-calorie first week referred to as 7 in 7. **If you would like more detailed nutrition information or have specific questions about the Nutrisystem program, meal delivery plans or Club Advantage, please email customerservice@nutrisystem.com.**

Select your Nutrisystem offer to easily jump to the plan description.

The Nutrisystem Program:

- [7 in 7 Week](#)
- [Partner Program](#)
- [Nursing Mother Plan](#)

Meal Delivery Plans:

- [High Protein Meal Plan](#)
- [Low Carb Meal Plan](#)
- [Menopause Meal Plan](#)
- [Balanced by Jenny Craig](#)

Club Advantage Membership

THE NUTRISYSTEM PROGRAM

The Nutrisystem program provides pantry-ready (shelf-stable) and frozen menu choices. With this plan, Nutrisystem breakfasts, lunches, dinners and snacks are shipped directly to the home every 28 days. Each month, women and men have the option to choose a pre-selected assortment of favorite Nutrisystem foods, known as Chef's Picks, or they can customize their order by choosing their own Nutrisystem foods.

When purchasing this plan, there are a few different options for the customer to choose from, including:

- **Option for the Number of Days of Nutrisystem Foods:** Women and men can choose between a 5-day or 7-day plan option, which includes either 5 or 7-days' worth of Nutrisystem foods, respectively. For those who choose a 5-day plan, customers will be provided with guidance on how to include Flex meals (*more on Flex meals below*) for meal occasions where they will not be including a Nutrisystem breakfast, lunch, dinner or snack.
- **Bonus Offer to Include 28 Protein Shakes Monthly:** Women and men that choose to include ProSync shakes will have the ability to include our specially formulated high-protein, high-fiber shakes in their order monthly. ProSync shakes are designed to provide an additional serving of protein (1 PowerFuel), reducing the need for adding in one PowerFuel serving of their own grocery foods. **The ProSync™ shake contains 400 mcg of chromium picolinate, branded as Chromax®.** Full nutrition facts panels and ingredient statements for the ProSync™ shake are listed in [Appendix: Nutrisystem® Shake & Bar Product Labels](#).

Starting the Program

To start the plan, customers will download the free Nutrisystem app to receive their meal plan, log and track. They can choose to enable the SmartAdapt feature ([See What is SmartAdapt on page 2](#)) in the app for their personal daily calorie goal based on their age, gender and activity level or opt to not enable SmartAdapt. *If they choose to not enable SmartAdapt, women will be provided with a 1,200-calorie meal plan and men will receive a 1,500 calorie meal plan. Those that have 100 pounds or more to lose will be provided an extra 200 calories per day.* Using SmartAdapt is where customers can follow previous plans like our over 50 plans and Nutrisystem for Men.

Most personalized meal plans include 6 daily eating occasions (those over 50 include 5) – breakfast, morning snack, lunch, afternoon snack, dinner, and evening snack. Customers will include Nutrisystem foods, including Nutrisystem breakfasts, lunches, dinners and snacks. They will also add in their own grocery foods, which are called PowerFuels, SmartCarbs, Vegetables, Extras, and Free Foods. Customers are provided the Nutrisystem [Grocery Guide](#) for guidance on their grocery food add-ins. Customers are encouraged to include at least 4 servings of non-

starchy vegetables each day; however, vegetables are unlimited if they want to add more to their day.

Customers that choose a 7-day plan option will be provided with a Nutrisystem breakfast, lunch, dinner and afternoon snack for all 7 days of the week.

Plan options with fewer than 7-days of Nutrisystem food will provide a Nutrisystem breakfast, lunch, dinner and evening snack according to the days ordered. Customers will replace Nutrisystem foods with their own meals and snacks on the remaining days. These “on your own” meals are referred to as Flex meals and snacks because they replace the Nutrisystem meal or snack in the meal plan. Nutrisystem provides guidance on how to create Flex meals and snacks, with the goal of teaching customers how to make their own healthy, balanced meals and snacks. Each week, customers will add Flex breakfasts, Flex lunches, Flex dinners, and Flex snacks (for their evening snack occasion) to their plan. It is recommended that Flex meals and snacks be spread throughout the week instead of including them all on the same day.

The Nutrisystem meal plan recommends including at least 4 servings of non-starchy vegetables each day; however, vegetables are unlimited if customers want to add more to their day. The plan encourages drinking at least 64 ounces of water each day. Customers are also encouraged to engage in at least 30 minutes of physical activity daily, broken into three 10-minute bouts, if needed.

7 in 7 Week - Optional ***(encouraged for anyone under 50 who want to get off to a fast start)***

This plan begins with an optional lower calorie jumpstart week for the first 7 days of the program, also known as **7 in 7**. The 7 in 7 week is designed to **provide on average 1,000 calories per day**. Women that report having 100 or more pounds to lose are provided with a meal plan that averages 1,200 calories per day and men are provided with a meal plan that averages 1,500 calories per day.

Individuals will receive a digital [7 in 7 Guide & Daily Tracker](#), which includes the meal plan that outlines what Nutrisystem meals to have for each meal occasion during the first week.

The 7 in 7 meal plan includes 5 eating occasions, inclusive of a Nutrisystem breakfast, a morning snack of 1 PowerFuel, a Nutrisystem lunch, Nutrisystem snack for an afternoon snack, and a Nutrisystem dinner.

In addition to the Nutrisystem foods, individuals will add in at least 4 servings of non-starchy vegetables. The plan encourages drinking at least 64 ounces of water each day.

During this first week, it is recommended to minimize physical activity due to the lower calorie nature of this week.

If a customer chooses a 5-day program, they will receive guidance for Flex Meals to create during the first week.

Beginning in the second week, women and men will be ***provided a new meal plan that is based on their personalized calorie goal, if they selected to enable SmartAdapt in the Nutrisystem app. (See [What is SmartAdapt on page 2](#)) If they choose to not enable SmartAdapt, women will be provided with a 1,200-calorie meal plan and men will receive a 1,500 calorie meal plan. Those that have 100 pounds or more to lose will be provided an extra 200 calories per day.***

Partner Program

The Nutrisystem Partner Program delivers food for two individuals living in the same household. Foods are shipped directly to the home every 2-weeks instead of 4-weeks.

Similar to the program description above, to begin the plan, customers will download the free Nutrisystem app to log and track their daily meal plan. ***Each customer can follow a personalized meal plan based on their age, gender and activity level within the Nutrisystem app using our SmartAdapt feature. (See [What is SmartAdapt on page 2](#)) If they choose to not enable SmartAdapt, women will be provided with a 1,200-calorie meal plan and men will receive a 1,500 calorie meal plan. Those that have 100 pounds or more to lose will be provided an extra 200 calories per day.***

Nursing Mother Plan

Nursing mothers are eligible to purchase a Nutrisystem plan. The type of meals provided (shelf-stable and/or frozen) and number of days' worth of Nutrisystem foods provided (every day vs. some days) will be the same as the Nutrisystem plan; however, these women will be provided a revised, higher calorie meal plan specifically for breastfeeding women. Women will achieve the higher calorie intake by adding in more of their own grocery food additions to compliment the Nutrisystem foods that are provided with the plan.

The Nursing Mothers meal plan is designed to provide an average of 2,000 calories per day. The meal plan will be emailed to the customer separate from their in-box print materials. Women on this plan are advised to NOT use the in-box or online program materials to reference the Nutrisystem meal plan, nor to use the Nutrisystem app to track their daily meal plan because Nutrisystem print and online materials and the Nutrisystem app do not support the standard Nursing Mothers Meal Plan.

MEAL DELIVERY PLANS

High Protein Meal Plan

The High Protein Meal plan is a more flexible, dietitian-designed plan to help customers lose weight and live healthily. Compared to the signature Nutrisystem program, customers can choose between 2-or 4-week delivery (the number of meals included varies based on delivery choice) and whether they want to purchase for 1 or 2 people. They also have the flexibility to choose from any meal occasion to help customize the plan to their lifestyle. All foods on this plan are either a good or high source of protein. Additionally, they may receive a promotional membership to Club Advantage, to purchase additional meals whenever and in any quantity they want.

Each month, customers have the option to choose a pre-selected assortment of favorite Nutrisystem foods, known as Chef's Picks, or they can pick their own Nutrisystem foods.

To begin the plan, customers will download the free Nutrisystem app to log and track their daily meal plan which is designed to provide more than 25% daily calories from protein while losing weight. ***They can choose to enable the SmartAdapt feature ([See What is SmartAdapt on page 2](#)) in the app for their personal daily calorie goal based on their age, gender and activity level or opt to not enable SmartAdapt. If they choose to not enable SmartAdapt, women will be provided with a 1,200-calorie meal plan and men will receive a 1,500 calorie meal plan. Those that have 100 pounds or more to lose will be provided an extra 200 calories per day.***

The meal plan includes 6 daily eating occasions – breakfast, morning snack, lunch, afternoon snack, dinner and evening snack. Customers include Nutrisystem foods and snacks along with fresh grocery food add-ins, which are called PowerFuels, SmartCarbs, Vegetables, Extras, and Free Foods. Customers are provided with the Nutrisystem [Grocery Guide](#) for guidance on their grocery food add-ins.

Low Carb Meal Plan

The Low Carb Meal Plan is a more flexible, dietitian-designed plan to help customers lose weight and live healthily. Compared to the signature Nutrisystem program, customers can choose between 2-or 4-week delivery (the number of meals included varies based on delivery choice) and whether they want to purchase for 1 or 2 people. They also have the flexibility to choose from any meal occasion to help customize the plan to their lifestyle. All foods on this plan contain less than 25g of net carbs. Additionally, they may receive a promotional membership to Club Advantage, to purchase additional meals whenever and in any quantity they want.

Each month, customers have the option to choose a pre-selected assortment of favorite Nutrisystem foods, known as Chef's Picks, or they can pick their own Nutrisystem foods.

To begin the plan, customers will download the free Nutrisystem app to log and track their daily meal plan which is designed to provide less than 40% daily calories from carbs while losing weight. ***They can choose to enable the SmartAdapt feature ([See What is SmartAdapt on page 2](#)) in the app for their personal daily calorie goal based on their age, gender and activity level or opt to not enable SmartAdapt. If they choose to not enable SmartAdapt, women will be provided with a 1,200-calorie meal plan and men will receive a 1,500 calorie meal plan. Those that have 100 pounds or more to lose will be provided an extra 200 calories per day.***

The meal plan includes 6 daily eating occasions – breakfast, morning snack, lunch, afternoon snack, dinner and evening snack. Customers include Nutrisystem foods and snacks along with fresh grocery food add-ins, which are called PowerFuels, SmartCarbs, Vegetables, Extras, and Free Foods. Customers are provided with the Nutrisystem [Grocery Guide](#) for guidance on their grocery food add-ins.

Menopause Meal Plan

The Menopause Meal Plan is a more flexible, dietitian-designed plan specifically for women in their menopause years to lose weight and reduce symptoms with a high protein, high fiber plan. Compared to the signature Nutrisystem program, customers can choose between 2-or 4-week delivery (the number of meals included varies based on delivery choice). They also have the flexibility to choose from any meal occasion to help customize the plan to their lifestyle. This plan includes access to all Nutrisystem meals and snacks. Additionally, they may receive a promotional membership to Club Advantage, to purchase additional meals whenever and in any quantity they want.

Each shipment, customers have the option to choose a pre-selected assortment of favorite Nutrisystem foods, known as Chef's Picks, or they can pick their own Nutrisystem foods.

To begin the plan, customers will download the free Nutrisystem app to log and track their daily meal plan which is designed to provide more than 25% daily calories from protein while losing weight. ***They can choose to enable the SmartAdapt feature ([See What is SmartAdapt on page 2](#)) in the app for their personal daily calorie goal for women over 50 or opt to not enable SmartAdapt. If they choose to not enable SmartAdapt, women will be provided with a 1,200-calorie meal plan. Those that have 100 pounds or more to lose will be provided an extra 200 calories per day.***

The meal plan includes 5 daily eating occasions – breakfast, morning snack, lunch, afternoon snack, and dinner. Customers include Nutrisystem foods and snacks along with fresh grocery food add-ins, which are called PowerFuels, SmartCarbs, Vegetables, Extras, and Free Foods.

Customers are provided with the Nutrisystem [Grocery Guide](#) for guidance on their grocery food add-ins.

Balanced by Jenny Craig Meal Plan

The Balanced by Jenny Craig Meal Plan is an option for customers to follow and enjoy the Jenny Craig program and meals. It's a flexible option that includes 14 Jenny Craig Breakfasts and 14 Jenny Craig Entrees delivered every two weeks. Customers are advised to eat one breakfast and one entree each day and then add in meals and snacks on their own using guidance provided to them. This plan includes access to all Nutrisystem meals and snacks. Additionally, they may receive a promotional membership to Club Advantage, to purchase additional meals whenever and in any quantity they want.

Each shipment, customers have the option to choose a pre-selected assortment of favorite Jenny Craig foods, known as Chef's Picks, or they can pick their own Jenny Craig foods.

To begin the plan, customers will download the menu plans for the [Jenny Craig Inspirations blog](#) and choose the appropriate calorie level.

1,200 Calories – [Download](#)

1,500 Calories – [Download](#)

1,700 Calories - [Download](#)

The meal plan includes 5 daily eating occasions – breakfast, lunch, afternoon snack, dinner and dessert. Customers include Jenny Craig foods along with fresh grocery food add-ins, which are called Vegetables, Protein or Dairy, Fruit or Starch, Healthy Fats, Flavor Unlimited (Free Foods!) and Flavor Limited. Customers are provided with the Jenny Craig [Grocery Guide](#) for guidance on their grocery food add-ins.

CLUB ADVANTAGE MEMBERSHIP

Club Advantage is our membership option to order a la carte Nutrisystem foods and snacks without committing to a program or meal plan.

Enjoy all the perks of membership:

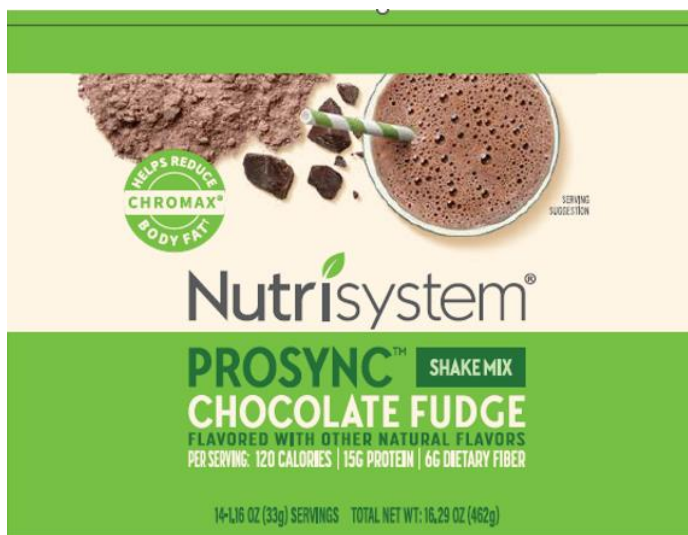
- Buy as many meals and snacks—no limitations or order minimums
- Shop from our biggest variety of breakfasts, lunches, dinners and snacks
- Get convenient home delivery anytime—schedule auto-delivery orders, set delivery frequency or do one-time shipments

- Customers can access the Nutrisystem app for step-by-step guides, personalized meal plans, and coaching for the duration of their membership. They can choose to follow a weight loss plan OR diet on their own with the convenience of Nutrisystem meals and snacks.
- Customers receive exclusive deals and discounts—including 20% off and free shipping on auto-delivery orders, special sales, BOGO offers and more

APPENDIX: NUTRISYSTEM® SHAKE & BAR PRODUCT LABELS

Nutrisystem® ProSync™ Shake – Chocolate Fudge Flavor

Nutrition Facts	
Serving size 1 packet (33g)	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 200mg	9%
Total Carbohydrate 13g	5%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 15g	30%
Vit D 20mcg 100%	• Calcium 180mg 15%
Iron 0.7mg 4%	• Potassium 200mg 4%
Vit C 18mg 20%	• Thiamin 0.24mg 20%
Riboflavin 0.26mg 20%	• Niacin 3.2mg 20%
Vit B6 0.34mg 20%	• Folate 80mcg DFE 20%
	(48mcg folic acid)
Vit B12 0.48mcg 20%	• Biotin 6mcg 20%
Pantothenic Acid 1mg 20%	• Chromium 400mcg 1140%
	(as chromium picolinate)
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



INGREDIENTS:

CALCIUM CASEINATE, WHEY PROTEIN CONCENTRATE, RESISTANT MALTODEXTRIN (DIETARY FIBER), FRUCTOSE, COCOA (PROCESSED WITH ALKALI), NATURAL FLAVOR, SUNFLOWER OIL, MALTODEXTRIN, GUAR GUM, SALT, SODIUM CASEINATE, XANTHAN GUM, MONK FRUIT EXTRACT (SWEETENER), SUNFLOWER LECITHIN, SOY LECITHIN, TOCOPHEROLS (TO PROTECT FLAVOR), MONO AND DIGLYCERIDES, ASCORBIC ACID, STEVIA LEAF EXTRACT (REB A), NIACINAMIDE, D-CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, CHROMIUM PICOLINATE, RIBOFLAVIN, THIAMIN MONONITRATE, FOLIC ACID, CHOLECALCIFEROL, BIOTIN, CYANOCOBALAMIN.

Nutrisystem® ProSync™ Shake – Sweet Vanilla Flavor

Nutrition Facts	
14 servings per container	
Serving size	2 scoops (32g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 200mg	9%
Total Carbohydrate 12g	4%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 15g	30%
Vitamin D 20mcg 100% • Calcium 190mg 15%	
Iron 0mg 0% • Potassium 40mg 0%	
Vitamin C 18mg 20% • Thiamin 0.24mg 20%	
Riboflavin 0.26mg 20% • Niacin 3.2mg 20%	
Vitamin B6 0.34mg 20% • Folate 80mcg DFE 20% (48mcg folic acid)	

Vitamin B12 0.48mcg 20% • Biotin 6mcg 20%
Pantothenic Acid 1mg 20% • Chromium 400mcg 1140% (as chromium picolinate)

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS:

CALCIUM CASEINATE, RESISTANT MALTODEXTRIN (DIETARY FIBER), WHEY PROTEIN CONCENTRATE, NATURAL FLAVOR, SUNFLOWER OIL, FRUCTOSE, MALTODEXTRIN, GUAR GUM, NONFAT MILK, SALT, SODIUM CASEINATE, MONK FRUIT EXTRACT (SWEETENER), XANTHAN GUM, SOY LECITHIN, TOCOPHEROLS (TO PROTECT FLAVOR), MONO AND DIGLYCERIDES, SUNFLOWER LECITHIN, ASCORBIC ACID, STEVIA LEAF EXTRACT (REB A), NIACINAMIDE, D-CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, CHROMIUM PICOLINATE, RIBOFLAVIN, THIAMIN MONONITRATE, ANNATTO EXTRACT (FOR COLOR), FOLIC ACID, CHOLECALCIFEROL, BIOTIN, CYANOCOBALAMIN.

Nutrisystem® for Men FUEL™ Shake – Chocolate Flavor

Nutrition Facts	
Serving size	1 packet (39g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 200mg	9%
Total Carbohydrate 13g	5%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 20g	40%
Vitamin D 4mcg 20% • Calcium 130mg 10%	
Iron 1.8mg 10% • Potassium 290mg 6%	
Vitamin A 90mcg 10% • Vitamin C 9mg 10%	
Vitamin E 1.5mg 10% • Vitamin K 12mcg 10%	
Thiamin 0.24mg 20% • Riboflavin 0.26mg 20%	
Niacin 3.2mg 20% • Vitamin B ₆ 0.34mg 20%	
Folate 80mcg DFE 20% • Vitamin B ₁₂ 0.48mcg 20%	
(48mcg folic acid)	
Biotin 6mcg 20% • Pantothenic Acid 1mg 20%	
Phosphorus 130mg 10% • Iodine 15mcg 10%	
Magnesium 85mg 20% • Zinc 2.2mg 20%	
Selenium 11mcg 20% • Copper 0.09mg 10%	
Manganese 0.23mg 10% • Chromium 1000mcg 2860%	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

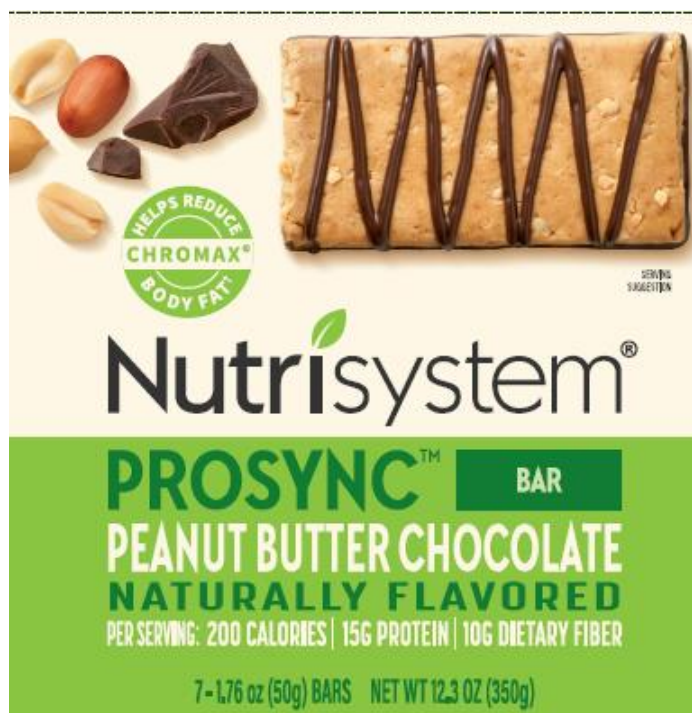


INGREDIENTS:

Whey Protein Concentrate, Resistant Maltodextrin (Dietary Fiber), Calcium Caseinate, Cocoa (Processed With Alkali), Natural Flavor, Amylopectin Chromium Complex (Velositol), Guar Gum, Xanthan Gum, Salt, Soy Lecithin, Monk Fruit Extract (Sweetener), Sunflower Lecithin, Magnesium Oxide, Dipotassium Phosphate, Stevia Leaf Extract (Reb A), Ferrous Sulfate, Ascorbic Acid, Zinc Sulfate, Alpha Tocopherol Acetate, Niacinamide, D-Calcium Pantothenate, Manganese Sulfate, Copper Gluconate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Vitamin A Palmitate, Folic Acid, L-Selenomethionine, Potassium Iodide, Phytonadione, Biotin, Cholecalciferol, Magnesium Carbonate, Cyanocobalamin.

Nutrisystem® ProSync™ Bar - Peanut Butter Chocolate

Nutrition Facts	
7 servings per carton	
Serving size	1 bar (50g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 10g	36%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 15g	25%
Vit D 0mcg 0%	• Calcium 80mg 6%
Iron 1mg 6%	• Potassium 180mg 4%
Chromium 400mcg 1140%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



INGREDIENTS:

SOLUBLE CORN FIBER, PEANUT BUTTER, DARK CHOCOLATE FLAVORED COATING (CANE SUGAR, VEGETABLE OILS [PALM KERNEL, PALM], COCOA [PROCESSED WITH ALKALI], LACTOSE [MILK], SOY LECITHIN, VANILLA [MILK]), GLYCERIN, SOY NUGGETS (ISOLATED SOY PROTEIN, RICE STARCH), POLYDEXTROSE, WHEY PROTEIN CONCENTRATE, PEANUTS, CALCIUM CASEINATE, WHEY PROTEIN ISOLATE, PEANUT MEAL, NATURAL FLAVOR, PEANUT OIL, SEA SALT, MONK FRUIT EXTRACT, CHROMIUM PICOLINATE.