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OPTIFAST ® 800 products are specially formulated to support your weight loss journey while providing 100% of the daily value for at least 24 vitamins and minerals in 5 servings per day. A look at longer fasting regimens extending past several days and why I call it the Ancient Secret of weight loss. Everyone wants the quick fix, to get rid of the weight gained over the years of an unhealthy lifestyle and with companies like Herbalife offering the holy grail and the body you have been dreaming of, people just get suckered in... Page 2 of 22 Fileid: ... tions/P969/2017/A/XML/Cycle03/source 9:37 - 1-Mar-2018 The type and rule above prints on all proofs including departmental reproduction proofs.