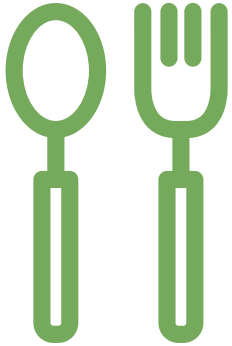


Food & Nutrition Mission



Nutrisystem is committed to continually elevating the nutritional quality, taste and overall appeal of its food through innovation and its Food and Nutrition Mission, an ongoing effort to make its foods fresher, labels cleaner and approach to ingredients more transparent. Nutrisystem's foods already contain no artificial flavors or sweeteners, no colors from artificial sources, no high fructose corn syrup and artificial trans fats (no partially hydrogenated oils).

In 2019, Nutrisystem developed a list of restricted ingredients. The restriction of these ingredients more closely aligns Nutrisystem foods with popular, clean label food retailers and the Center for Science in the Public Interest.

Restricted Ingredients

- | | | | |
|----------|--|----------|--|
| A | <ul style="list-style-type: none"> • Aloe Vera • Alum (Aluminum Ammonia Sulfate/Aluminium Potassium Sulfate) • Ammonium Chloride • Artificial Colors • Artificial Flavors • Artificial Smoke Flavor • Ascesulfame-K • Aspartame • Astaxanthin • Azo Dyes • Azodicarbonamide | B | <ul style="list-style-type: none"> • Benzyl Alcohol • Benzyl Peroxide • BHA • BHT • Bromated Flour • Brominated Vegetable Oil |
| | | C | <ul style="list-style-type: none"> • Caffeine • Calcium Bromate • Calcium Peroxide • Calcium Saccharin • Calcium Sorbate • Calcium Stearoyl-2-lactylate • Canthaxanthin • Caprocarylobehenin • Certified Colors • Cyclamates |

- D**
- Diacetyl/Acetoin
 - Dimethylpolysiloxane
 - Dioctyl Sodium Sulfosuccinate
 - Dipotassium Sulfate
 - Disodium Dihydrogen EDTA

- E**
- Ethoxyquin
 - Ethoxyquin

- F**
- FD&C Colors
 - Foie Gras

- G**
- Ginkgo Biloba
 - Guarana

- H**
- Hexa-, hepta- and octa- esters of sucrose
 - High fructose corn syrup
 - Hydrogenated Starch

- L**
- Lactylated Esters of Mono- and Diglycerides
 - Lard

- M**
- Methyl Silicon
 - Methylparaben
 - Monosodium Glutamate (MSG)
 - Mycoprotien

- N**
- Neotame

- O**
- Olestra

- P**
- Partially Hydrogenated Oil
 - Polyethylene Glycol
 - Potassium Benzoate
 - Potassium Bisulfate
 - Potassium Bromate
 - Potassium Iodate
 - Potassium Metabisulfite
 - Propyl Gallate
 - Propylene Glycol Alginate
 - Propylparaben

- Q**
- Quinine
 - Quorn

- S**
- Saccharin
 - Salatrim
 - Sodium Aluminum Sulfate
 - Sodium Benzoate
 - Sodium Bisulfate
 - Sodium Glutamate
 - Sodium Lauryl Sulfate
 - Sodium Propionate
 - Sodium Sorbate
 - Solvent Extracted Oils
 - Stannous Chloride Sucralose
 - Sucroglycerides
 - Sucrose Polyester Sulfite

- T**
- TBHQ
 - Tetrasodium EDTA Theobromine

- V**
- Vanillin