OPTAVIA®

lifelong transformation, one healthy habit at a time.™

OVERVIEW FOR HEALTHCARE PROVIDERS

Your patient has made the fundamental choice to create health in their life by taking part in a comprehensive health improvement program. This program is intended to help people reach a healthy weight and develop the habits that create lifelong transformation in their health and wellbeing.

As your patient prepares to take their first step, we recommend he or she work closely with you as their healthcare provider, so that you are aware of the changes they will be making to their diet and lifestyle and can properly advise and monitor as you deem appropriate.

OPTAVIA is simple and easy to follow. This comprehensive approach to Optimal Health and Wellbeing includes four main components:

FUELINGS & PLANS backed by science and based on nearly 40 years of experience of helping people get healthy.

OPTAVIA COACHES to help support and steer your patient to success, one healthy habit at a time.

THE HABITS OF HEALTH® SYSTEM, an innovative lifestyle approach that helps your patient replace unhealthy habits with healthy ones that contribute to long-term success.

OPTAVIA COMMUNITY which consists of like-minded people who support each other during their transformation journey.

Nutrition Facts

Serving Size 1 bar (32g)
Servings Per Container 7

Amount Per Serving	
Calories 110	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**6%**
Potassium 340mg	**10%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 4g	**16%**
Sugars 5g	
Protein 11g	**20%**

Vitamin A 20%	• Vitamin C 25%
Calcium 20%	• Iron 30%
Vitamin D 50%	• Vitamin E 20%
Vitamin K 20%	• Thiamin 25%
Riboflavin 25%	• Niacin 25%
Vitamin B6 20%	• Folate 30%
Vitamin B12 20%	• Biotin 20%
Pantothenic Acid 20%	• Phosphorus 20%
Iodine 20%	• Magnesium 25%
Zinc 25%	• Selenium 20%
Copper 30%	• Manganese 25%
Chromium 20%	• Molybdenum 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

WHAT ARE **OPTA**VIA FUELINGS?

Portion-controlled, nutritionally interchangeable meal replacements that are carbohydrate-controlled and lower in fat and contain high-quality protein which helps retain lean muscle mass. **OPTA**VIA Fuelings are fortified with 24 vitamins and minerals and contain a patented probiotic, Ganeden**BC**^{30}®. **OPTA**VIA Fuelings do not contain any colors, flavors, or sweeteners from artificial sources.

HOW DOES IT WORK?

For most, it starts with achieving a healthy weight using the **OPTA**VIA meal plans and Fuelings. Our proven Optimal Weight 5 & 1 Plan® creates a caloric deficit while controlling carbohydrate intake. This promotes a mild dietary ketosis which leads to weight loss while helping to preserve lean muscle mass. This fat-burning state also helps reduce physical hunger while providing sufficient levels of energy. On the Optimal Weight 5 & 1 Plan, your patient will have:

- SIX SMALL MEALS PER DAY, ONE EVERY TWO TO THREE HOURS
- **5 OPTA**VIA **FUELINGS + 1 LEAN AND GREEN MEAL –** A NUTRITIONALLY BALANCED MEAL CONSISTING OF LEAN PROTEIN, NON-STARCHY VEGETABLES, AND HEALTHY FATS.
- 800–1,000 CALORIES PER DAY
- 80–100 GRAMS OF CARBOHYDRATE
- AT LEAST 72 GRAMS OF PROTEIN
- LESS THAN 30% OF CALORIES FROM TOTAL FAT

Once your patient achieves their healthy weight, they will make the transition to lifelong healthy eating with our **Optimal Health 3 & 3 Plan®**. This meal plan is designed to help your patient sustain their healthy weight long-term by focusing on nutritionally balanced, small meals eaten every two to three hours, while integrating more food choices in the right portions.

For more information, refer to the **OPTA**VIA **Guide.**

OPTAVIA PROGRAM CONSIDERATIONS

It's important to consider multiple aspects of one's health when selecting which **OPTA**VIA plan fits best for your patient, including allergies, medication interactions, and general health conditions. This section highlights **OPTA**VIA's specialized meal plan options and plan modifications for individuals who have unique dietary needs and/or preferences.

OPTIMAL WEIGHT 4 & 2 & 1 PLAN® & OPTIMAL WEIGHT 5 & 2 & 2 PLAN®

These meal plans are slightly higher in calories and carbohydrates than the Optimal Weight 5 & 1 Plan. They may be the right plan for your patient if they are looking to reach a healthy weight and have one or more of the following:

- Type 1 diabetes and are closely monitored by you, their healthcare provider
- Type 2 diabetes
- Are 65 years or older and not regularly active
- Exercise more than 45 minutes per day
- Have less than 15 lbs. or more than 100 lbs. to lose
- Wish to incorporate fruit, dairy, and starch into their meal plan

4 & 2 & 1 PLAN®

4 FUELINGS + 2 LEAN AND GREEN MEALS + 1 HEALTHY SNACK* (1,100 – 1,300 KCAL/DAY)

5 & 2 & 2 PLAN®

5 FUELINGS + 2 LEAN AND GREEN MEALS + 2 HEALTHY SNACKS* (1,300 – 1,500 KCAL/DAY)

For more information, refer to the **Optimal Weight 4 & 2 & 1 Plan** and **Optimal Weight 5 & 2 & 2 Plan Guides** at **Answers.OPTA**VIA**.com.**

*A healthy snack is a serving of fruit, low-fat dairy, or starch.

SENIORS

People age 65 and older can use the Optimal Weight 5 & 1 Plan with 30 minutes of physical activity each day. A higher calorie meal plan may be recommended based on individual needs. For more information, refer to the **OPTA**VIA **Seniors Guide.**

DIABETES

While the Optimal Weight 5 & 1 Plan, Optimal Weight 4 & 2 & 1 Plan, and Optimal Weight 5 & 2 & 2 Plan can all be appropriate for people with diabetes, it is essential that you work closely with your patient to monitor blood sugar and medication dosages. Because the meal plans are lower in calories and carbohydrates compared to a usual diet, medications may need to be adjusted before starting. Continued medical monitoring will be necessary throughout their weight loss journey. For more information, refer to the **OPTA**VIA **Diabetes Guide.**

NURSING MOTHERS

Our **OPTA**VIA Nursing Mothers Plan is designed for the nursing mother whose baby is over two months of age and who is providing the majority of the baby's nutrition through breast milk. For more information, refer to the **OPTA**VIA **Nursing Mothers Guide.**

GOUT

Our **OPTA**VIA Gout Plan promotes gradual weight loss and encourages food choices with only low or moderate amounts of purines. For more information, refer to the **OPTA**VIA **Gout Guide.**

THYROID MEDICATIONS, SOY, AND OPTAVIA

The soy found in some **OPTA**VIA Fuelings may interfere with absorption of thyroid medications, so you should discuss the timing and Fueling selections with your patient.

VEGETARIANS

OPTAVIA offers a variety of vegetarian-friendly Fuelings, all of which are fortified with 24+ vitamins and minerals, including vitamin B12, iron, zinc, calcium, vitamin D, and riboflavin, and contain 11-15 grams of high-quality protein. Refer to our **Vegetarian Information Sheet** for more information.

TEENS

Our **OPTA**VIA for Teens Plans are specially designed to meet the nutritional needs of adolescent boys and girls, 13-18 years old. The **OPTA**VIA program should not be used by anyone under the age of 13. For more information, refer to the **OPTA**VIA **Teen Girls Guide** or **OPTA**VIA **Teen Boys Guide.**

More information about medical conditions, medications, and other medical considerations can be found at ANSWERS.**OPTA**VIA.COM.

You may also contact our Nutrition Support Team, comprised of Registered Dietitians, Dietetic Technicians, and Certified Personal Trainers, at 1.888.**OPTA**VIA (Mon-Fri 8:00 a.m.-5:00 p.m. EST) or **NutritionSupport@OPTA**VIA**.com** with specific questions.

To view the clinical studies that support the **OPTA**VIA program, refer to our **Clinical Studies Overview.**

OPTAVIA MEDICAL DISCLAIMER

We recommend that you consult your healthcare provider prior to starting any weight loss program. Do not use any **OPTA**VIA Program if you are pregnant or under the age of 13. The **OPTA**VIA for Teens plan is the only **OPTA**VIA program appropriate for teens (13 to 17 years of age). If you have a serious acute or chronic illness (e.g., heart attack, diabetes, cancer, liver disease, kidney disease, anorexia, bulimia, etc.), do not use any **OPTA**VIA Program until your healthcare provider says you have recovered or stabilized. The Optimal Weight 5 & 1 Plan® is NOT appropriate for teens (13 to 17 years of age), sedentary older adults (65 years and older), nursing mothers, people with gout, some people with diabetes, and those who exercise more than 45 minutes per day. For special medical or dietary needs, including food allergies, refer to our program information online and talk to your **OPTA**VIA Coach.

When following a weight-loss program, talk with your healthcare provider about any medications, especially Coumadin® (warfarin), lithium, diabetes medication or medications for high blood pressure.

NOTE: Rapid weight loss may cause gallstones or gallbladder disease for those at high risk. While adjusting to intake of a lower-calorie level and diet changes, some people may experience temporary lightheadedness, dizziness or gastrointestinal disturbances.
We recommend drinking 64 ounces of water each day. Talk with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.
This Program and any of its materials do not in any way constitute medical advice or substitute for medical treatment.