Gout Guide

Lifelong Transformation, One Healthy Habit at a Time®
Welcome to OPTAVIA!

At OPTAVIA, we believe you can live the best life possible and we know that requires a healthy you. We help you achieve lifelong transformation by incorporating healthy habits into everything you do. These habits get your mind and body working together, to work for you.

If you suffer with gout, achieving a healthy weight can help. Excess weight puts more stress on your joints and can increase your risk of hyperuricemia. OPTAVIA Fuelings can be a healthy option for people with a history of gout; however, we do recommend certain modifications to your meal plan.

Those with gout should lose weight gradually and steadily, using a meal plan that is slightly more liberal in calories and carbohydrates, yet more restricted in protein than the Optimal Weight 5 & 1 Plan®, to lessen the risk of increased uric acid levels. OPTAVIA’s Program for Gout does not induce a fat-burning state, which can increase uric acid levels in the blood. Its higher calorie level promotes a more gradual weight loss than the regular Optimal Weight 5 & 1 Plan, and it encourages food choices with only low or moderate amounts of purines.
Before You Begin

We recommend that you contact your healthcare provider before starting and throughout your OPTAVIA journey, especially if you are taking medications (e.g., diabetes medications, high blood pressure medications, Coumadin (warfarin), lithium, thyroid medications, etc.).

MEDICAL DISCLAIMER:

The Company (“We”) recommends that you consult your healthcare provider prior to starting any weight loss program, and during the course of your weight loss program. Do NOT use any OPTAVIA® plan if you are pregnant or under the age of 13.

Before starting a weight loss program, talk with your healthcare provider about the program, and about any medications or dietary supplements you are using, including especially Coumadin (warfarin), lithium, diuretics, or medications for diabetes, high blood pressure or thyroid conditions. Do not participate in any OPTAVIA Program until you are cleared by your healthcare provider if you have or have had a serious illness (e.g. cardiovascular disease including heart attack, diabetes, cancer, thyroid disease, liver or kidney disease, eating disorders such as anorexia or bulimia), or any other condition requiring medical care or that may be affected by weight loss.

The OPTAVIA for Teens plan is the only OPTAVIA Program appropriate for teens (13 to 17 years of age). The Optimal Weight 5 & 1 Plan® is NOT appropriate for teens, 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 - if you fall into one of these categories, please consult your healthcare provider and refer to www.OPTAVIA.com and talk with your independent OPTAVIA Coach about other OPTAVIA plans that may be appropriate. For special medical or dietary needs, including food allergies, refer to our program information online, consult your healthcare provider and talk to your OPTAVIA Coach. Do not consume an OPTAVIA product if you are allergic to any of that product’s ingredients which are listed on the product packaging and on the OPTAVIA website.

We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.

NOTE: Rapid weight loss may cause gallstones or gallbladder disease or temporary hair thinning in some people. While adjusting to the intake of a lower calorie level and dietary changes, some people may experience dizziness, lightheadedness, headache, fatigue, or gastrointestinal disturbances (such as abdominal pain, bloating, gas, constipation, diarrhea, or nausea). Consult your healthcare provider for further guidance on these or any other health concerns. Seek immediate medical attention if you experience muscle cramps, tingling, numbness, confusion, or rapid/irregular heartbeat as these may be a sign of a more serious health condition.

For avoidance of doubt, the OPTAVIA Programs and products are not labelled, advertised or promoted for any specific medicinal purpose, i.e. treatment or prevention, implied or otherwise, of any disease or disorder, including its related conditions.

The OPTAVIA programs, products, and any of its materials and/or information do not in any way constitute medical advice or substitute for medical treatment. As individuals may have different responses to dietary products or changes in diet, consult with your healthcare provider regarding any medical concerns.

For further information regarding this Medical Disclaimer, call Nutrition Support at 1.888 OPTAVIA or email at nutritionsupport@OPTAVIA.com.
Gout Plan

The OPTAVIA for Gout Plan incorporates a balance of low purine foods, moderate protein and two OPTAVIA Fuelings to provide approximately 1,200 calories per day. On this plan, you’ll eat six times daily, once every two to three hours. Use the Food Group Chart and Gout Sample Menu on page 6 to help you plan your meals.

We recommend the following as part of the OPTAVIA for Gout Plan:

- Limit animal protein in your diet. Choose no more than six ounces of low- or moderate-purine choices of lean meat, poultry or fish per day.
- Incorporate two servings of low-fat or fat-free dairy products daily. Dairy products may help to prevent or decrease the risk of gout.
- Aim for about 1,200 calories per day to allow for gradual weight loss and to decrease the potential of developing elevated uric acid levels.
- Choose foods that are low and/or moderate in purines, and avoid moderate-purine choices during a gout flare-up.
- Avoid alcohol during the weight-loss phase and during flare-ups.
- Drink 64 oz. of water each day as it can help remove uric acid from the body.*
- Limit higher-purine vegetables such as asparagus, cauliflower, mushrooms, peas, and spinach and avoid them completely during a flare-up.

Remember, these are general recommendations – every individual is different, so it is important to discuss any weight-loss program with your healthcare provider to determine if it’s right for you.

*We recommend drinking 64 ounces of water each day. Contact your healthcare provider prior to changing the amount of water you drink as it can affect levels of certain medications.
increase your health, confidence, and vitality
Gout Sample Menu

Breakfast:
• ½ cup cooked oatmeal
• 1 small, sliced banana
• 1 cup plain coffee (regular or decaf)

Mid-morning:
• OPTAVIA Essential Chocoloate Mint Cookie Crisp Bar
• 1 cup low-fat milk

Lunch:
• 3 oz. grilled chicken breast
• 1 cup mixed salad greens
• ½ cup diced tomatoes
• 1 Tbsp salad dressing

Mid-afternoon:
• 6 unsalted almonds
• 12 cherries

Dinner:
• 3 oz. broiled tilapia
• ½ cup brown rice
• ½ cup steamed broccoli

Evening:
• OPTAVIA Essential Decadent Chocolate Brownie with Greek Yogurt Chips
• 1 cup low-fat milk

Food Group Chart (1,200 calories per day)

<table>
<thead>
<tr>
<th>Food Category</th>
<th>Number of servings/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>OPTAVIA Fuelings</td>
<td>2</td>
</tr>
<tr>
<td>Grains</td>
<td>2</td>
</tr>
<tr>
<td>Vegetables</td>
<td>3</td>
</tr>
<tr>
<td>Fruits</td>
<td>2</td>
</tr>
<tr>
<td>Lean meats and meat substitutes</td>
<td>2, 3 oz. servings</td>
</tr>
<tr>
<td>Dairy</td>
<td>2</td>
</tr>
<tr>
<td>Fats</td>
<td>2</td>
</tr>
</tbody>
</table>
We're with you every step of the way

Talk to your independent OPTAVIA Coach
Caring, knowledgeable, one-on-one support provided by your personal Coach is one of the key components that makes OPTAVIA different from other programs. Lean on your OPTAVIA Coach for support as you begin your optimal health journey.

Develop your Habits of Health®
Dr. A’s Habits of Health Transformational System is your core curriculum to create healthy habits. This unique, comprehensive approach is essential to your long-term success. Talk to your Coach today about using these tools to transform yourself and others!

Stay motivated with daily inspiration
With your phone text the message "OPTAVIA30" to number 990-00 the day before you start your OPTAVIA 30 journey to receive daily quick tips, inspiration, healthy reminders and much more!*

Learn from the OPTAVIA Community
Tune in to weekly Coach-led support calls to ask questions, learn more about the program and products and receive the support you need. Visit Answers.OPTAVIA.com for additional tools and resources.

Discover new, delicious recipes
Visit the OPTAVIA Pinterest page for Lean & Green meal recipes at Pinterest.com/OPTAVIA.

*Summary Terms & Conditions: Our mobile text messages are intended for subscribers over the age of 13 and are delivered via USA short code 990-00 and 760-00. You may receive up to 35 message(s) per month for text alerts. Message and data rates may apply. This service is available to persons with text-capable phones subscribing to carriers including AT&T, Verizon Wireless, T-Mobile®, Sprint, Virgin Mobile USA, Cincinnati Bell, Centennial Wireless, Unicel, U.S. Cellular®, and Boost. For help, text HELP to 990-00, email wecare@OPTAVIA.com or call +1 888 OPTAVIA. You may stop your mobile subscription at any time by text messaging STOP to short code 990-00.
your best life is waiting

#OPTAVIA
#LifelongTransformation