Overview for Healthcare Providers

Your patient is considering taking part in a habit-based, coach-guided lifestyle solution. **OPTA**VIA® optimal weight lifestyle plans have been clinically studied and shown to deliver proven health benefits. This program is intended to help people achieve a healthy weight and develop the habits that make a healthy lifestyle second nature.

OPTAVIA**'s comprehensive approach to optimal health and well-being includes four main components:**

Clinically proven plans and scientifically developed products designed by dietitians, scientists and physicians.

Independent **OPTA**VIA Coaches who offer consistent support and accountability for Clients throughout their journey. They know the journey your patient is about to embark on, because most have taken it themselves — about 90% of Coaches were **OPTA**VIA Clients first!

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

The Habits of Health® Transformational System, an innovative lifestyle approach that helps your patient replace unhealthy habits with healthy ones that can contribute to long-term success.

Nutrition Facts

7 servings per container

Serving size	**1 bar (32g)**
Amount per serving	
Calories	**110**
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 11g	21%

Vitamin D 11mcg 60%	•	Calcium 223mg 15%
Iron 6mg 35%	•	Potassium 307mg 6%
Vitamin A 190mcg 20%	•	Vitamin C 19mg 20%
Vitamin E 3mg 20%	•	Vitamin K 25mcg 20%
Thiamin 0.3mg 25%	•	Riboflavin 0.3mg 25%
Niacin 3mg 20%	•	Vitamin B_6 0.4mg 25%
Folate 91mcg DFE 25% (51mcg folic acid)	•	Vitamin B_{12} 0.5mcg 20%
Biotin 6mcg 20%	•	Pantothenic Acid 1mg 20%
Phosphorus 168mg 15%	•	Iodine 32mcg 20%
Magnesium 102mg 25%	•	Zinc 3mg 25%
Selenium 12mcg 20%	•	Copper 0.2mg 20%
Manganese 0.7mg 30%	•	Chromium 7mcg 20%
Molybdenum 10mcg 20%		

*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.

What are **OPTA**VIA Fuelings?

OPTAVIA Fuelings are nutrient dense meal replacements. Each **OPTA**VIA Fueling is scientifically formulated with the right balance of carbohydrates, protein and fat which helps promote a gentle, but efficient fat–burning state when using the Optimal Weight 5 & 1 Plan® and Optimal Weight 5 & 1 ACTIVE Plan®. Each Fueling is fortified with vitamins and minerals, contains high–quality, complete protein which helps retain lean muscle mass and contains BC30™ probiotic cultures, which help support digestive health as part of a balanced diet and healthy lifestyle. **OPTA**VIA Fuelings do not contain colors, flavors or sweeteners from artificial sources.

OPTAVIA ASCEND™

OPTAVIA ASCEND is designed to support Clients' weight loss journeys alongside GLP-1 medications by helping them lose weight the right way.

OPTAVIA ASCEND Mini Meals:

Conveniently interchangeable, portion-controlled products such as bars, shakes, straws and pancakes that offer 20g or more of high-quality protein, 5-10g of fiber and calcium to support bone health.

NOTE: The **OPTA**VIA ASCEND mini meals have a different nutritional profile than **OPTA**VIA Fuelings and therefore, should not be consumed on the optimal weight loss plans. For more information about **OPTA**VIA ASCEND, click here.

OPTAVIA ASCEND Daily Nutrients Pack:

A high-quality, once-daily supplement pack formulated with 100% of the daily value for 21 essential micronutrients (vitamins and minerals) and omega-3 fatty acids formulated with DHA & EPA, to help fill the nutrient gap in a Client's diet.

What is a Lean & Green™ meal?

The Lean & Green meal is a nutritionally balanced meal consisting of lean protein, non-starchy vegetables and healthy fats. Our Lean & Green recipes teach your patient what and how much to eat, a key to sustainable transformation.

What is a Lean & Green+ meal?

A Lean & Green+ is made up of a variety of appropriately portioned, nutrient-dense food groups, including fruit, vegetables, protein, whole grains, dairy and healthy fats. Lean & Green+ meals are used on the GLP-1 Nutrition Support Plan and Optimization Plan. For more information on the plans, click here.

OPTAVIA®

Overview for Healthcare Providers

How does the **OPTA**VIA® Program work?

For most, it starts with achieving a healthy weight using **OPTA**VIA's proprietary plans and products. **OPTA**VIA offers several meal plan options to help meet the needs of your patient.

OPTAVIA Plan Options with Estimated Daily Macronutrient Breakdown & Key Considerations

Plan Averages	Meal Plan Components	Calories	Total Fat	Carbs	Protein	Considerations*
Optimal Weight 5 & 1 Plan® Optimal Weight 5 & 1 ACTIVE Plan®**	• 5 Fuelings • 1 Lean & Green™ Meal	800-1,000	20-30 grams	80-100 grams	80-120 grams	• 18 years or older • ≥15 lbs to lose • 45 minutes or less of light to moderate physical activity per day
Optimal Weight 4 & 2 & 1 Plan® Optimal Weight 4 & 2 ACTIVE Plan®**	•4 Fuelings •2 Lean & Green Meals •1 Healthy Snack†	1,100-1,300	30-45 grams	85-100 grams	120-150 grams	• Type 2 diabetes • Type 1 diabetes and are closely monitored by healthcare provider • Are 65 years or older and not regularly active • Exercise more than 45 minutes per day • <15 lbs to lose or >100lbs to lose • Wish to incorporate all food groups into their meal plan
Optimal Weight 5 & 2 & 2 Plan®	•5 Fuelings •2 Lean & Green Meals •2 Healthy Snacks†	1,300-1,500	30-45 grams	110-130 grams	140-170 grams	• Type 2 diabetes • Type 1 diabetes and are closely monitored by healthcare provider • Are 65 years or older and not regularly active • Exercise more than 45 minutes per day • >100 lbs to lose • Wish to incorporate all food groups into their meal plan
GLP-1 Nutrition Support Plan	• 3 **OPTA**VIA ASCEND™ Mini Meals • 1 Lean & Green+ Meal • 1 **OPTA**VIA Daily Nutrients Pack ‡ • Additional fruits & vegetables, as desired	1,200-1,500 calories	25-40 grams	110-150 grams	100+ grams	• Combines the effectiveness of GLP-1 medication with balanced nutrition and lifestyle strategies to help Clients taking GLP-1 medication lose weight and preserve lean muscle throughout their weight loss journey.
Optimization Plan	•2 **OPTA**VIA ASCEND Mini Meals •2 Lean & Green+ Meals •Healthy Exchanges •1 **OPTA**VIA Daily Nutrients Pack ‡	1,200-2,400+ (based on daily calorie needs)	20-30% % of calories	45-50% % of calories	30-35% % of calories	• To help support a healthy weight. • For Clients transitioning from any **OPTA**VIA Plan to weight management. • Personalized plan that encourages a balance of fat, carbohydrates and proteins from all food groups • Aim for 60 minutes of physical activity most days of the week. To help retain lean muscle mass, incorporate a strength training routine that includes all of your major muscle groups 2-3 times a week.

*This 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 considerations. Refer to **OPTA**VIA's medical disclaimer here.
** + up to 2 servings of **OPTA**VIA ACTIVE Essential Amino Acid Blend on the Optimal Weight ACTIVE Plans
† A healthy snack is a serving of fruit, low-fat dairy, starch, or an **OPTA**VIA Snack (Note: this is replaced with up to 2 servings of **OPTA**VIA ACTIVE EAAs on the Optimal Weight 4 & 2 ACTIVE Plan).
‡ Consult your healthcare provider for personalized nutrition guidance and if starting any dietary supplements.

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Optimization Plan:

The **OPTA**VIA® Optimization Plan is designed for individuals who have successfully achieved their healthy weight goal. During Optimization, Clients will continue practicing healthy habits to manage their healthy weight and achieve optimal health. This structured, yet flexible plan builds upon the principles that led the Client to weight loss success, offering lifestyle strategies, balanced nutrition, exercise guidance and ongoing Coach support.

Other Specialty Plans

- **OPTA**VIA for Nursing Mothers
- **OPTA**VIA for Gout
- **OPTA**VIA for Teens

For more information on any of these plans, please refer to **OPTA**VIA's Specialty Plan Guide.

OPTAVIA ACTIVE®

OPTAVIA offers a range of plans and products specifically formulated to provide essential nutrients to support an active and healthy lifestyle.

OPTAVIA ACTIVE products include:

OPTAVIA ACTIVE Essential Amino Acid (EAA) Blend is a clinically studied combination of essential amino acids with approximately a 4:1:1 ratio of branched-chain amino acids. Each serving contains 10 grams of EAAs, including an optimal 3.5 grams of leucine and 5.3 grams of BCAAs to help support healthy muscle, aid in post-exercise muscle recovery and activate muscle protein synthesis.*

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

OPTAVIA ACTIVE Whey Protein can be used for post-workout recovery or as part of a patient's protein balanced meal plan any time of the day.* Each serving delivers 24g of high-quality protein that can be readily digested, rapidly absorbed, and is effective for stimulating muscle protein synthesis.

***Note:** **OPTA**VIA ACTIVE Whey Protein is not recommended for use while following any of the optimal weight meal plans. It was not designed to fit within the nutritional guardrails of the optimal weight meal plans.

Before your patient starts or changes any dietary supplement, weight loss, or exercise program, we recommend they consult with you first for personalized guidance. We recommend Clients seek professional support for specific exercise program prescriptions. For more information, refer to the **OPTA**VIA 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 and Certified Personal Trainers, by calling 1.888.**OPTA**VIA (Mon–Fri 8:00 AM – 5:00 PM ET) or via text at 206.828.1605. You may also email NutritionSupport@**OPTA**VIA.com with specific questions. Nutrition Support is also available via webchat on Coach and Client Answers.

Medication Disclaimer

Before starting a weight loss program, talk with your patient about the program and any medications or dietary supplements they are using, especially:

- Lithium
- Diuretics
- Coumadin (Warfarin)
- Medications for Diabetes
- Medications for Weight Loss
- Medications for High Blood Pressure
- Medications for Thyroid Conditions

***OPTA**VIA 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 **OPTA**VIA® Program, Plans, Products or Kits if you are pregnant or under the age of 13.*

*Before starting a weight loss program, talk with your healthcare provider about the **OPTA**VIA Program, Plans, Products, and Kits as appropriate, and about any dietary supplements or medications you are using, especially Coumadin (Warfarin), lithium, diuretics, or medications for weight loss, diabetes, high blood pressure or thyroid conditions. Do not utilize any **OPTA**VIA Program, Plans, Products or Kits 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 **OPTA**VIA for Teens Plan is the only **OPTA**VIA Plan 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, individuals with Type 1 diabetes, and those who exercise more than 45 minutes per day or participate in high intensity activity – if you fall into one of these categories, please consult your healthcare provider, refer to **OPTA**VIA.com and talk with your independent **OPTA**VIA Coach about other **OPTA**VIA Plans that may be appropriate. For special medical or dietary needs, including food allergies or decreased appetite with weight loss medications, refer to our program information online, consult your healthcare provider and talk to your **OPTA**VIA Coach. Do not consume an **OPTA**VIA product if you are allergic to any of the product's ingredients, which are listed on the product packaging and on the **OPTA**VIA 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.

*Before taking any dietary supplement or changing your dietary intake, or starting a weight loss or exercise program, we recommend consulting with your healthcare provider first, especially prior to starting any **OPTA**VIA ACTIVE® Plans and Products or **OPTA**VIA ASCEND™ Daily Nutrients Pack. Clients should seek professional support for specific exercise program prescriptions. The Optimal Weight 5 & 1 ACTIVE Plan™ is not appropriate for those who exercise more than 45 minutes per day or participate in high intensity activity. **OPTA**VIA ACTIVE products and **OPTA**VIA ASCEND™ Daily Nutrients Pack (Multivitamin-mineral supplement and Omega-3 supplement) products are not recommended for individuals under 18 years of age.*

NOTE: Rapid weight loss may cause gallstones or gallbladder disease, temporary hair thinning, or muscle loss 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 **OPTA**VIA Program, Plans, Products and Kits are not labeled, advertised, or promoted for any specific medical purpose, i.e. treatment or prevention, implied or otherwise, of any disease or disorder, including its related conditions.*

*The **OPTA**VIA Programs, Plans, Products and Kits, and any of its materials and/or information do not in any way constitute medical advice or substitute for medical treatment. Prescriptions must be provided by a licensed healthcare professional. **OPTA**VIA does not prescribe or dispense medications. As individuals may have different responses to dietary products and dietary supplements, or changes in diet, consult with your healthcare provider regarding any medical concerns.*

*For further information regarding this Medical Disclaimer, contact the **OPTA**VIA Nutrition Support Team, available Monday through Friday 8:00 AM-5:00 PM EST at 1.888.**OPTA**VIA. You can also email at NutritionSupport@**OPTA**VIA.com or via webchat on Coach Answers and Client Answers.*

OPTAVIA®