



# OPTAVIA®



OPTAVIA's Nutrition Kit For Medically Supported Weight Loss teaches you how to eat better while you may be eating less on weight loss medications.

## The 30-day kit includes:

- **OPTAVIA Fuelings.** Each portion controlled, high protein Fueling is fortified with 24 vitamins and minerals to help fill the nutrition gap and satisfy hunger. Our Fuelings are also a good source of fiber to support healthy digestion.
- **OPTAVIA ACTIVE Whey Protein** shakes with 24g of high-quality, complete protein to help retain lean muscle mass as you lose weight. Our whey protein contains no sweeteners, colors, or flavors from artificial sources and is easily digested and absorbed. Perfect to help you meet your daily protein nutrition goals.

## OPTAVIA Nutrition Kit for Medically Supported Weight Loss

SKU# 74506

Starting at \$268.15\*

\$67.00 off your first Premier (autoship) order

\*\$321.74/mo after first order with Premier membership.

As you lose weight, getting adequate nutrition and retaining lean muscle is critical. **OPTAVIA's** Nutrition Kit For Medically Supported Weight Loss includes nutrient dense, portion controlled Fuelings and **OPTAVIA ACTIVE®** Whey Protein to help retain lean muscle mass as you lose weight.

Each day you will enjoy 2 OPTAVIA Fuelings and 2 servings of **OPTAVIA ACTIVE** Whey Protein in addition to your healthy meals.

New to **OPTAVIA**? Join **OPTAVIA Premier** today and receive 20% off your first kit order.\*

## What's Included?

- Apple & Cinnamon Spiced Oatmeal
- Campfire S'mores Crisp Bar
- Chocolate Mint Cookie Crisp Bar
- Cinnamon Sugar Sticks
- Creamy Double Peanut Butter Crisp Bar
- Decadent Chocolate Brownie Mix with Greek Yogurt Chips
- Lemon Tart Crisp Bar
- Roasted Garlic Mashed Potatoes
- Smoky BBQ Crunchers
- **OPTAVIA ACTIVE** Whey Protein Powder Drink Mix - *Chocolate*
- **OPTAVIA ACTIVE** Whey Protein Powder Drink Mix - *Vanilla*

\*Offer valid for new customers only. Enrollment in **OPTAVIA Premier** is required to receive applicable discounts. **OPTAVIA Premier** is our continuous auto-ship program, at no additional cost to you. When enrolled in Premier, you will be charged the same amount (less any applicable Rewards) for your monthly orders which will be billed to your default payment method unless you cancel your membership. **OPTAVIA Premier Official Terms & Conditions** apply.

\*\*We recommend Clients consult with their healthcare provider about the **OPTAVIA** Plans and Products to ensure they are appropriate for the individual's needs. To view our complete Medical Disclaimer click [here](#).



# OPTAVIA®

## OPTAVIA Muscle Health Kit for Medically Supported Weight Loss

SKU# 74507

Starting at \$158.85\*

\$30.00 off your first Premier (autoship) order

\*\$188.85/mo after first order with Premier membership.

Evidence suggests that the loss of lean body mass can range from 20 to 50% of total weight loss for those on weight loss medications.<sup>†</sup> As you lose weight, getting adequate nutrition and retaining lean muscle is critical. The **OPTAVIA** Muscle Health Kit for Medically Supported Weight Loss aids in the retention of lean muscle mass while you lose weight.

Each day, consume up to 3 **OPTAVIA ACTIVE** Whey Protein shakes in addition to your healthy meals. High-quality, complete protein evenly distributed throughout the day helps to activate muscle protein synthesis and supports muscle health.

New to **OPTAVIA**? Join **OPTAVIA Premier** today and receive up to \$30 off your first kit order.\*



### The 30-day kit includes:

- **OPTAVIA ACTIVE Whey Protein** shakes with 24g of high-quality, complete protein to help retain lean muscle mass as you lose weight. Our whey protein contains no sweeteners, colors, or flavors from artificial sources and is easily digested and absorbed. Perfect to help you meet your daily protein nutrition goals.

**OPTAVIA's** Muscle Health Kit for Medically Supported Weight Loss teaches you how to eat better while you may be eating less on weight loss medications.

### What's Included?

- 2 **OPTAVIA ACTIVE** Whey Protein Powder Drink Mix - *Chocolate*
- 1 **OPTAVIA ACTIVE** Whey Protein Powder Drink Mix - *Vanilla*

*\*Offer valid for new customers only. Enrollment in **OPTAVIA Premier** is required to receive applicable discounts. **OPTAVIA Premier** is our continuous auto-ship program, at no additional cost to you. When enrolled in Premier, you will be charged the same amount (less any applicable Rewards) for your monthly orders which will be billed to your default payment method unless you cancel your membership. [OPTAVIA Premier Official Terms & Conditions](#) apply.*

*\*\*We recommend Clients consult with their healthcare provider about the **OPTAVIA** Plans and Products to ensure they are appropriate for the individual's needs. To view our complete Medical Disclaimer click [here](#).*

*†Source: Sargeant et al., 2019*