

INTRODUCING



OPTAVIA

ACTIVETM

ESSENTIAL AMINO ACID BLEND

GET THE MOST OUT OF YOUR MOTION.

With the right tools, even your smallest motions can work toward strengthening your body. **OPTAVIA ACTIVE™** Products and Plans were designed to meet you wherever you are in your fitness journey.

When you add **OPTAVIA ACTIVE** Essential Amino Acid (EAA) Blend to your Plan, you'll get an even greater boost toward better. So, whatever moves you, let it. And let **OPTAVIA®** help you make it count for more.



Before starting any dietary supplement or a weight loss or exercise program, be sure to check with your healthcare provider first.

THE OPTIMAL WEIGHT 5 & 1 ACTIVE PLAN

is designed to work with your ever evolving relationship with motion. Whether you're a frequent exerciser or ready to embrace moderate exercise, the Optimal Weight 5 & 1 ACTIVE Plan makes even small, daily movements add up to something greater.

How Does It Work?

While using the Optimal Weight 5 & 1 ACTIVE Plan, your body enters a gentle, but efficient fat burning state while providing adequate protein to help retain lean muscle mass. With **OPTAVIA** ACTIVE EAAs supporting you as your optional snack, your muscles get the insurance they need so that you can continue doing the activities you love.



OPTAVIA ACTIVE EAAs use a clinically studied combination of EAAs¹⁻⁶, with approximately a 4:1:1 ratio of branched-chain amino acids, designed to:



HELP SUPPORT
HEALTHY MUSCLE[†]



REDUCE
MUSCLE SORENESS AFTER EXERCISE[†]



ACTIVATE
MUSCLE PROTEIN SYNTHESIS[†]

This premium formula provides 10 grams of EAAs in each serving, including 5.3 grams of branched-chain amino acids (BCAAs). The easy-to-blend drink mix comes in two refreshing flavors, Strawberry Lemonade and Orange Mango, both of which contain no flavors, colors, or sweeteners from artificial sources, and no stimulants.

[†]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.

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THE OPTIMAL WEIGHT 4 & 2 ACTIVE PLAN™

is perfect for you if you prefer a flexible meal plan to help you achieve a healthy weight and exercise. With **OPTAVIA**, you don't have to stress about food choices. We're here to help with simple nutrition and a clinically proven, easy to follow plan.

How Does It Work?

As you begin to add motion to your health journey, our NEW **OPTAVIA ACTIVE™** products can support your fitness goals. When incorporating ACTIVE EAAs on the Optimal Weight 4 & 2 ACTIVE Plan, they will replace your daily healthy snack.



SAMPLE DAYS ON THE OPTIMAL WEIGHT 4 & 2 ACTIVE PLAN

EXERCISE DAYS:



MORNING EXERCISE DAYS:



NON-EXERCISE DAYS:

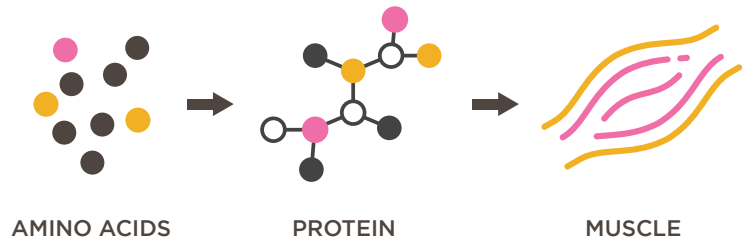


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THE SCIENCE BEHIND OPTAVIA ACTIVE EAAs

What are amino acids?

Amino acids are the building blocks of proteins.⁷ There are two types of amino acids: non-essential, which are produced in sufficient quantities by our bodies, and essential, which are not produced in the body. Because EAAs cannot be made by the body, they must be supplied by the foods we eat.



What are branched-chain amino acids?

Of the essential amino acids, three — leucine, isoleucine, and valine — are called branched-chain amino acids (BCAAs). BCAAs are special because they increase the signal to your body to make protein. Leucine is vital in stimulating muscle protein synthesis, a natural process in which protein is produced to repair or build new muscle.

Consuming a minimum of 2.5g of leucine at a time has been shown to stimulate muscle protein synthesis.⁷ Valine and isoleucine work together with leucine to enhance protein synthesis.⁹ Together, they also influence protein turnover and energy metabolism.⁹

While BCAAs increase the signal to your body to make protein, this does not necessarily translate into muscle growth.¹⁰ All essential amino acids in adequate amounts are required for new muscle protein synthesis, which supports new muscle development.¹⁰ **OPTAVIA ACTIVE EAAs** include a clinically studied effective blend of eight essential amino acids, including 3.5 grams of leucine¹⁻⁶, that makes this supplement right for every body, no matter where you are on motion journey.

Think of it this way:

**Leucine turns on the switch,
and the other EAAs power
the light.**

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EXERCISE ON THE OPTIMAL WEIGHT 5 & 1 ACTIVE PLAN

While on Plan, consider incorporating all three types of activity into your routine: aerobic exercise, strength training, and lifestyle exercise — also known as non-exercise activity thermogenesis (NEAT). The Optimal Weight 5 & 1 ACTIVE Plan is designed to support your body while you lose weight — ensuring even those small movements count.

On this Plan, we recommend up to 45 minutes of low-to-medium intensity exercise most days of the week. If you are on the Optimal Weight 4 & 2 ACTIVE Plan or already at your healthy weight and in optimization, we recommend incorporating 60 minutes of physical activity most days of the week.

Exercise Intensity Levels



Low Intensity: This is a good place to start, especially for beginners or those new to exercise.

Examples:

- > Gardening
- > Housework
- > Walking
- > Yoga
- > Playing with kids or dog



Medium Intensity: Begin with 15 to 20 minutes per day, and gradually work your way up to 30 to 45 minutes a day, four to five days per week.

Examples:

- > Brisk walking or hiking
- > Casual biking
- > Sports
- > Dancing
- > Elliptical trainer



High Intensity: Not recommended for beginners or anyone on the 5 & 1 ACTIVE Plan. These exercises are for individuals in optimization who already work out daily.

Examples:

- > Running
- > Briskly climbing stairs
- > Advanced aerobics
- > Spinning class
- > Jumping rope
- > Vigorous strength training

High-intensity exercise should always include a 5-10 minute warm-up and cool-down period, along with a series of stretches.

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HOW TO USE OPTAVIA ACTIVE EAAs:

Mix one level scoop with 16 fl. oz. of cold water (adjust water level for taste preference) in a shaker or BlenderBottle® and shake vigorously.

On exercise days, consume two servings daily. One serving with your first meal or **OPTAVIA Fueling** of the day and one serving during or immediately following exercise.

On non-exercise days, consume one serving with a meal or **OPTAVIA Fueling**, preferably the first meal of the day.

For maximum results, OPTAVIA ACTIVE EAAs should be consumed within 15 minutes.



SAMPLE DAYS ON THE OPTIMAL WEIGHT 5 & 1 ACTIVE PLAN

EXERCISE DAYS:



NON-EXERCISE DAYS:



Further questions? Reference the [OPTAVIA ACTIVE Essential Amino Acid Blend FAQ](#).

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References

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