



## Frequently Asked Questions for OPTAVIA ACTIVE™ Essential Amino Acid (EAA) Blend

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### Common Abbreviations:

EAA: Essential Amino Acids  
BCAA: Branched Chain Amino Acids

## General Product Information

### 1. How do I use OPTAVIA ACTIVE EAAs?

For maximum results, consume **OPTAVIA ACTIVE EAAs** within 30 minutes post-exercise (hits the anabolic window during weight loss) and drink the whole amount within 15 minutes (maximizes peak leucine concentration in plasma).

Ideal dosing:

- On exercise days, consume two servings daily. One serving with the first meal of the day 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.

On the Optimal Weight 5 & 1 ACTIVE Plan™, up to 2 servings of **OPTAVIA ACTIVE EAAs** count as an optional snack.

*Note: Because the Lean & Green™ Meal is a significant source of protein, we recommend having your EAAs with a Fueling later in the day if you choose to have your Lean & Green Meal at breakfast.*

### 2. How do I prepare OPTAVIA ACTIVE EAAs?

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

### 3. Can I mix OPTAVIA ACTIVE EAAs with an OPTAVIA Fueling?

We recommend mixing the **OPTAVIA ACTIVE EAAs** with water per the package directions. Mixing the **OPTAVIA ACTIVE EAAs** with an **OPTAVIA Fueling** would not cause the EAAs to be ineffective, however, taste, appearance, texture, and other sensory components may be affected.

### 4. Will OPTAVIA ACTIVE EAAs make me lose more weight?

**OPTAVIA ACTIVE EAAs** help support healthy muscle\*, activate muscle protein synthesis\*, and support muscle recovery after exercise.\* **OPTAVIA ACTIVE EAAs** by themselves will not directly cause you to lose more weight, however, they offer benefits as part of a comprehensive approach to weight management.\* Average weight loss on the Optimal Weight 5 & 1 ACTIVE Plan is 12 pounds. Clients are in weight loss, on average, for 12 weeks.

*\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.*

### 5. How many calories do OPTAVIA ACTIVE EAAs provide?

One serving (1 scoop/Approx. 16 g) has 60 calories.

### 6. How much protein is in OPTAVIA ACTIVE EAAs?

The US Food & Drug Administration does not consider individual amino acid formulations as intact protein. Protein<sup>[1]</sup> is made up of hundreds or thousands of amino acids. **OPTAVIA ACTIVE EAAs** only provide some of the amino acids that make up protein; specifically, the essential amino acids, in scientifically formulated amounts, are shown to support healthy muscle, activate muscle protein synthesis, and support muscle recovery after exercise <sup>[3, 5-11]</sup>.

### 7. What flavors do OPTAVIA ACTIVE EAAs come in?

**OPTAVIA ACTIVE EAAs** come in two flavors: Strawberry Lemonade, naturally flavored with other natural flavors, and Orange Mango, naturally flavored with other natural flavors.

## 8. What are **OPTAVIA ACTIVE EAAs** sweetened with?

**OPTAVIA ACTIVE EAAs** are lightly sweetened with stevia and natural cane sugar.

## 9. Are **OPTAVIA ACTIVE EAAs** kosher? Vegan? Vegetarian? Lactose-free? Gluten-free?

**OPTAVIA ACTIVE EAAs** are kosher, vegan, gluten-free, and lactose-free.

## 10. Where are **OPTAVIA ACTIVE EAAs** manufactured?

Made in the USA with globally sourced ingredients.

## 11. Are **OPTAVIA ACTIVE EAAs** certified?

Yes. **OPTAVIA ACTIVE EAAs** are certified by an independent third-party organization, Informed Sport. This certification tests and certifies that the product does not contain any banned substances. For more information about Informed Sport Certification, visit their site at

<https://sport.wetestyourtrust.com/>.

## 12. Do **OPTAVIA ACTIVE EAAs** contain caffeine or another stimulant?

No. **OPTAVIA ACTIVE EAAs** do not contain caffeine or stimulants. **OPTAVIA ACTIVE EAAs** are certified by an independent third-party organization, Informed Sport. This certification tests and certifies that the product does not contain any banned substances. For more information about Informed Sport Certification, visit their site at <https://sport.wetestyourtrust.com/>.

## 13. What is the **OPTAVIA ACTIVE EAAs** formula?

**OPTAVIA ACTIVE EAAs** contain 10 grams of EAAs, 5.3 grams of BCAAs (leucine, isoleucine, valine), and contain no flavors, sweeteners, and colors from artificial sources, and no stimulants. Each bag provides 30 servings. **OPTAVIA ACTIVE EAAs** are certified by an independent third-party organization, Informed Sport. This certification tests and certifies that the product does not contain any banned substances. For more information about Informed Sport Certification, visit their site at <https://sport.wetestyourtrust.com/>.

## 14. Which EAAs are in the **OPTAVIA ACTIVE EAAs**?

There are 8 EAAs in **OPTAVIA ACTIVE EAAs**. Research has determined that 8 of the 9 EAAs consumed in certain dosages and times are needed to trigger muscle protein synthesis. **OPTAVIA ACTIVE EAAs** contain the same formulation used in several studies that showed enhanced muscle protein synthesis while following a reduced calorie meal plan <sup>[5, 10, 12-16]</sup>.

## 15. Can I adjust the amount of water in **OPTAVIA ACTIVE EAAs**?

Yes, you can alter the amount of water based on personal preference. **OPTAVIA ACTIVE EAAs** dissolve and taste best in cold water. Just remember, it is important to drink the entire amount within 15 minutes.

## 16. What is the tiny pillow pack in the **OPTAVIA ACTIVE EAAs** bag?

The pillow pack is a desiccant that helps maintain freshness by preventing moisture and clumping.

## 17. What is the benefit of **OPTAVIA ACTIVE EAAs** compared to others on the market?

**OPTAVIA ACTIVE EAAs** are a more efficient and lower calorie way to deliver amino acids compared to other protein supplements on the market. They contain no flavors, colors, or sweeteners from artificial sources, and no stimulants. **OPTAVIA ACTIVE EAAs** are scientifically formulated to have the right balance of EAAs to support healthy muscle and activate muscle protein synthesis while also limiting calories and carbohydrates for best results on the Optimal Weight 5 & 1 ACTIVE Plan. Third-party certification by Informed Sport tests and certifies for banned substances, so you can feel confident that you are getting a high-quality product.

## 18. Can I mix **OPTAVIA ACTIVE EAAs** ahead of time?

For best results, prepare the **OPTAVIA ACTIVE EAAs** when you are ready to drink them and consume the whole amount within 15 minutes. This will allow the EAAs to properly dissolve and maximize peak leucine concentration in the plasma to help stimulate muscle protein synthesis. If you choose to mix your EAAs ahead of time, separation may occur and sensory components, like taste and appearance, may be affected; therefore, it is best to mix the EAAs when you are ready to consume them.

## 19. Can I make the **OPTAVIA ACTIVE EAAs** into popsicles?

Be sure to read the entire label on the package prior to consuming to ensure it is right for you and taken correctly. You can mix the **OPTAVIA ACTIVE EAAs** and attempt to freeze them. However, due to the EAA content and the salts they may not fully freeze. Consume **OPTAVIA ACTIVE EAAs** within 30 minutes post-exercise and consume/drink the whole amount within 15 minutes.

## 20. Do **OPTAVIA ACTIVE EAAs** have research articles to support their use?

There is clear scientific consensus for the role of EAAs in muscle protein synthesis. **OPTAVIA ACTIVE EAAs** contain the same formulation used in several studies that showed enhanced muscle protein synthesis while following a reduced calorie meal plan <sup>[5, 10, 12-16]</sup>. There is additional evidence for protein, EAAs, and BCAAs reducing delayed-onset muscle soreness and exercise induced muscle damage when provided post-exercise <sup>[7-9]</sup>.

## 21. Who should I contact with questions about **OPTAVIA ACTIVE EAAs**?

The Nutrition Support Team is available Monday through Friday 8:00 AM-5:00 PM ET at [1.888.OPTAVIA \(1.888.678.2842\)](tel:1888OPTAVIA) or [NutritionSupport@OPTAVIA.com](mailto:NutritionSupport@OPTAVIA.com). If you are an independent **OPTAVIA** Coach, please press "1" then "3".

## How to Incorporate Into **OPTAVIA** Plans

### 22. How do **OPTAVIA ACTIVE EAAs** count on Plan?

- On the Optimal Weight 5 & 1 ACTIVE Plan, up to 2 servings of **OPTAVIA ACTIVE EAAs** count as 1 optional snack.
- On the Optimal Health 3 & 3 ACTIVE Plan™, up to 2 servings counts as 1 healthy exchange option.
- On the Optimal Weight 4 & 2 ACTIVE Plan™, up to 2 servings count as 1 healthy snack.

### 23. Will **OPTAVIA ACTIVE EAAs** kick me out of fat burn on the Optimal Weight 5 & 1 ACTIVE Plan?

No, **OPTAVIA EAAs** were designed to fit into the nutritional parameters of the Optimal Weight 5 & 1 ACTIVE Plan. For best results, do not include any other optional snacks to your daily regimen and limit condiments to 3 or less per Lean & Green Meal.

### 24. Can I substitute **OPTAVIA ACTIVE EAAs** for my lean option of the Lean & Green Meal?

No. **OPTAVIA ACTIVE EAAs** do not provide the necessary calories, fat, and protein that the lean option provides in the Lean & Green Meal. Additionally, the Lean & Green Meal is designed to help you develop the healthy habit of preparing healthy meals for lifelong success.

### 25. Do **OPTAVIA ACTIVE EAAs** count towards my daily water intake?

Yes, but keep in mind that hydration needs vary from person to person, especially with exercise, so we encourage you to listen to your body and to talk with your healthcare provider for additional guidance.

*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.*

## 26. Can I take **OPTAVIA ACTIVE EAAs** if I am not following the **Optimal Weight 5 & 1 ACTIVE Plan**?

**OPTAVIA ACTIVE EAAs** can be used outside of the **Optimal Weight 5 & 1 ACTIVE Plan**. Be sure to read the entire label on the package prior to using to ensure it is right for you and taken correctly. We also recommend you consult with your healthcare provider for personalized guidance.

## 27. Does it matter if I skip a day of taking **OPTAVIA ACTIVE EAAs**?

For optimal results, we recommend being consistent and taking **OPTAVIA ACTIVE EAAs** as directed on the package. If you miss a day, however, do not let it derail you. Missing one day will not kick you out of fat-burn or negatively affect your overall progress.

## 28. Can I take **OPTAVIA ACTIVE EAAs** in place of an **OPTAVIA Fueling**?

No. Each **OPTAVIA Fueling** is scientifically formulated with the right balance of carbohydrates, protein, fat, vitamins and minerals. **OPTAVIA ACTIVE EAAs** do not contain the same balance of nutrients, therefore, they should not be used in place of an **OPTAVIA Fueling**.

## Exercise Questions

### 29. Do I have to exercise to use **OPTAVIA ACTIVE EAAs**? If I don't exercise, should I still take them?

**OPTAVIA ACTIVE EAAs** help support healthy muscle for exercisers and non-exercisers. Even if you do not regularly exercise, daily lifestyle activities, such as household work, gardening, and walking, all count as movement.

In general, there are many benefits of healthy muscle, including physical function, weight management, blood sugar regulation, growth and repair of tissues, and quality of life to name a few. If you are not currently exercising, you have the option of consuming 1 serving (1 scoop/Approx. 16g) of **OPTAVIA ACTIVE EAAs**, ideally first thing in the morning.

### 30. What are the exercise recommendations for the **Optimal Weight 5 & 1 ACTIVE Plan**?

The **Optimal Weight 5 & 1 ACTIVE Plan** is designed to support exercise while losing weight. We recommend up to 45 minutes of light to medium exercise most days of the week on the **Optimal Weight 5 & 1 ACTIVE Plan**. To help retain lean muscle mass, incorporate a strength training routine that includes all of your major muscle groups 2-3 times a week. As you progress, consider adding other types of exercise into your routine for optimal health like aerobic and lifestyle exercise.

*Note: If you do not currently exercise and are just starting the **Optimal Weight 5 & 1 ACTIVE Plan**, we recommend you wait three weeks before you begin, then adopt a slow pace and gradually increase the amount of time spent on the activity. Before you begin exercising, consult with your healthcare provider to make sure your exercise plan is appropriate for you, and stay in regular contact with your independent **OPTAVIA Coach** so they can support you on your journey.*

For those in Optimization and following the **Optimal Health 3 & 3 ACTIVE Plan**, we recommend incorporating at least 200 to 300 minutes of moderate exercise per week to help prevent weight regain<sup>[12,13]</sup>. That's about 60 minutes of physical activity most days of the week. It's important to maintain an exercise routine that incorporates a variety of physical activities, especially strength training and medium to high intensity aerobic exercise.

### 31. Will **OPTAVIA ACTIVE EAAs** help me build muscle or bulk up?

To retain or build lean mass, resistance exercise and dietary protein that provides adequate EAAs is required. Experts recommend resistance/strength training at least 2 times per week with a routine that targets all of the major muscle groups; this can be low intensity (yoga, Pilates) or medium/high intensity (squats, weight training) resistance/strength exercise. As you progress, consider adding other types of exercise into your routine for optimal health like aerobic and lifestyle exercise. To maximize muscle protein synthesis, protein intake should be spaced evenly throughout the day as on the **Optimal Weight 5 & 1 ACTIVE Plan**.

## 32. Will OPTAVIA ACTIVE EAAs help me recover from exercise faster?

If taken as directed\*, **OPTAVIA ACTIVE EAAs** support muscle recovery after exercise, reduce muscle soreness after exercise, and activate muscle protein synthesis. The branched chain amino acids signal our bodies to make protein and all of the EAAs work together to make new muscle protein.

*\*Consume OPTAVIA ACTIVE EAAs within 30 minutes post-exercise and consume the whole amount within 15 minutes. Be sure to read the entire label on the package prior to using to ensure it is right for you and taken correctly.*

## Claims

### 33. What are the approved disclaimers used for weight loss claims for the Optimal Weight 5 & 1 ACTIVE Plan and Optimal Weight 4 & 2 ACTIVE Plan\*?

The Optimal Weight 5 & 1 disclaimers used with weight loss claims can be found [here](#).  
The Optimal Weight 4 & 2 & 1 disclaimers used with weight loss claims can be found [here](#).

*\*Weight loss claims and disclaimers can be applied to the Optimal Weight 5 & 1 Plan and the Optimal Weight 4 & 2 & 1 Plan with and without the OPTAVIA ACTIVE Essential Amino Acid Blend supplement.*

#### Weight Loss Claims and Disclaimers\*

##### Testimonial Weight Loss Claim:

*Sally lost 15 pounds while on the Optimal Weight 4 & 2 & 1 Plan®.*

Accompanied by the Disclaimer: "Average weight loss on the Optimal Weight 4 & 2 & 1 Plan® is 10 pounds. Clients are in weight loss, on average, for 12 weeks."

##### Clinical Study Weight Loss Claim:

*"In a clinical study, the group on the Optimal Weight 4 & 2 & 1 Plan® lost 10 x more weight than the self-directed group."*

Accompanied by the Disclaimer: "In a clinical study, the group on the Optimal Weight 4 & 2 & 1 Plan® lost 10 pounds and the self-directed control group lost 1 pounds."

##### Clinical Study Weight Loss Claim:

*"Lose more weight on the Optimal Weight 4 & 2 & 1 Plan® than dieting on your own."*

Accompanied by the Disclaimer: "In a clinical study, the group on the Optimal Weight 4 & 2 & 1 Plan® lost 10 pounds and the self-directed control group lost 1 pounds."

#### Fat Loss Claims and Disclaimers\*:

##### Testimonial Fat Loss Claim:

*"Sally lost fat as well as pounds while on the Optimal Weight 4 & 2 & 1 Plan®."*

Accompanied by Disclaimer: "Average weight loss on the Optimal Weight 4 & 2 & 1 Plan® is 10 pounds. Average fat loss is 8 pounds."

##### Clinical Study Fat Loss Claim:

*"In a clinical study, the group on the Optimal Weight 4 & 2 & 1 Plan® lost 14x more fat than the self-directed control group."*

Accompanied by the Disclaimer: "In a clinical study, the group on the Optimal Weight 4 & 2 & 1 Plan® lost 8. pounds of fat and the self-directed control group lost 0.5 pounds of fat."

##### Clinical Study Fat Loss Claim:

*"Average fat loss on the Optimal Weight 4 & 2 & 1 Plan® is 8 pounds."*

Accompanied by the Disclaimer: "In a clinical study, 80% of the weight lost by the group on the Optimal Weight 4 & 2 & 1 Plan® was from fat."

##### Clinical Study Fat Loss Claim:

*"Lose more fat on the Optimal Weight 4 & 2 & 1 Plan® than dieting on your own."*

Accompanied by the Disclaimer: "In a clinical study, the group on the Optimal Weight 4 & 2 & 1 Plan® lost 8 pounds of fat and the self-directed control group lost 0.5 pounds of fat."

## Waist Circumference Claim and Disclaimer\*:

### Testimonial Claim:

"Sally lost 5 inches around her waist on the Optimal Weight 4 & 2 & 1 Plan."

Accompanied by Disclaimer: "Average decrease in waist circumference on the Optimal Weight 4 & 2 & 1 Plan® is 2 inches."

*\*Weight loss claims and disclaimers can be applied to the Optimal Weight 4 & 2 & 1 Plan with and without the **OPTAVIA** Essential Amino Acid supplement.*

## 34. What are **OPTAVIA ACTIVE EAAs** product claims?

As part of the Optimal Weight 5 & 1 ACTIVE Plan, it is recommended to consume up to two servings of **OPTAVIA ACTIVE EAAs**. We also recommend adding **OPTAVIA ACTIVE EAAs** to other **OPTAVIA** Plans to help support healthy muscle. When talking about **OPTAVIA ACTIVE EAAs** on any **OPTAVIA** Plan, you may use the following approved claims:

- Helps support healthy muscle\*
- Supports post-exercise muscle recovery\*
- Reduces/alleviates muscle soreness after exercise\*
- Activates muscle protein synthesis/activates the muscle building process\*
- Helps support muscle protein synthesis during aging/Helps support the muscle building process during aging\*
- Helps support healthy muscle during aging\*
- Helps support healthy muscle metabolism during aging\*
- Helps support healthy muscle metabolism\*
- Aids in/supports post-exercise muscle recovery\*
- Reduces muscle damage and accelerates muscle recovery after exercise\*
- Reduces muscle damage and accelerates muscle recovery after exercise\*
- Fuels post-workout recovery\*
- As part of a reduced-calorie diet, adequate consumption of proteins and amino acids aids in the retention of lean muscle mass\*

*\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.*

## Medical Questions/Considerations

### 35. Are there any medical conditions or medications that would prohibit the use of **OPTAVIA ACTIVE EAAs** or warrant any special considerations?

When using nutritional supplements, please consult with your healthcare provider if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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

Please refer to our full [medical disclaimer](#) for recommendations and considerations regarding the **OPTAVIA** Program and Products.

### **36. Can kids and/or teens use OPTAVIA ACTIVE EAAs?**

Per our medical disclaimer, “Do NOT use any **OPTAVIA** Plan if you are pregnant or under the age of 13.”

The **OPTAVIA** Program and Products, including **OPTAVIA ACTIVE** Whey Protein and EAAs, are not appropriate for children under the age of 13.

We recommend children and teens incorporate all food groups, like fruit and dairy, into their daily meal plan to promote lifelong healthy habits.

**OPTAVIA ACTIVE** Whey Protein and EAAs are recommended for those 18 years and older. These products were not designed for and/or tested in a teen population. Therefore, we recommend you consult with your teen’s healthcare provider.

Children and teens have unique nutritional needs required for optimal growth and well-being. A child/teen’s body is still developing both physically and mentally. The amount of vitamins, minerals, and other essential nutrients required to properly support growth and development are unique to this stage in the life cycle.

### **37. Can I take more than the recommended dose? Can I take excess amino acids?**

**OPTAVIA ACTIVE** EAAs have been scientifically formulated to provide the right balance of EAAs needed for optimal muscle protein synthesis. Additional supplementation will not provide extra benefit as the body can only utilize a certain amount of amino acids at one time. Amino acids still contribute calories, so for best results, we recommend taking as directed on the package.

Excess of anything (e.g., water, vitamins/minerals, supplements, food, medication, etc.) carry risks, therefore, we recommend consuming EAAs as directed on the package.



## References

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