



ACTIVE™

ESSENTIAL AMINO ACID BLEND

Get More from Your Healthy Habits

Fuel your motion with **OPTAVIA ACTIVE™**
Essential Amino Acid (EAA) Blend

Meet **OPTAVIA ACTIVE** Essential Amino Acid Blend

When you're moving, make sure you're maximizing the effort. This deliciously powerful supplement helps support healthy muscle and post-exercise muscle recovery through a variety of activity levels. Specially formulated to work within our proprietary system, **OPTAVIA ACTIVE** EAAs are a must-add to the existing daily habits that have driven your success.

Did you know changes in muscle mass and strength happen starting as early as thirty? And, you lose approximately 3-8% of muscle mass per decade after the age of thirty?

Sources: Keller, 2013. Marty, 2017. Volpi, 2004. Marzetti, 2017.

How EAAs can help:

Amino acids are the building blocks of protein and muscle tissue. There are two types of amino acids: EAAs (Essential Amino Acids) and NEAAs (Non-essential Amino Acids). NEAAs can be made in sufficient quantities in the body, while EAAs cannot be made by the body and must be supplied from food or supplementation.

The body uses EAAs to help break down food, grow, and repair body tissue, build muscle, and many other important bodily functions.



Why you'll love it!

Scientifically formulated to work with our clinically proven plans, **OPTAVIA ACTIVE** EAAs are an easy choice to support your holistic health goals.

- Helps support healthy muscle*
- Supports post-exercise muscle recovery*
- Reduces muscle soreness after exercise*
- Activates muscle protein synthesis*
- Helps support muscle protein synthesis during aging*
- Helps support healthy muscle during aging*
- Helps support healthy muscle metabolism during aging*

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

What powers **OPTAVIA ACTIVE** EAAs?

- 10 grams of EAAs, including 5.3 grams of BCAAs
- 4:1:1 ratio of BCAAs with 3.5g of Leucine
- No colors, flavors or sweeteners from artificial sources
- Kosher Parve
- Certified Gluten-Free
- Informed Sport Certified
- Vegan
- Refreshing flavors available in Strawberry Lemonade and Orange Mango, naturally flavored with other natural flavors

ACTIVE™

How we stand out:

OPTAVIA ACTIVE™ EAAs are scientifically formulated to work within our clinically proven plans that have driven your success.

Additionally, they:

- Are a more efficient, lower calorie essential amino acid supplement compared to other protein supplements.
- Contain approximately a 4:1:1 ratio of BCAAs with 3.5g of leucine to stimulate optimal muscle protein synthesis.
- Comes with the support and encouragement of your independent OPTAVIA Coach & Community.
- Certified by an independent third-party organization, Informed Sport.



How do OPTAVIA ACTIVE EAAs fit into OPTAVIA® Plans?

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

How to Use:

For maximum results, consume OPTAVIA ACTIVE EAAs within 30 minutes post-exercise and drink the whole amount within 15 minutes.

To prepare the product, mix one level scoop with 16 fl. oz. 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 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.

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.

Supplement Facts

Serving Size 1 scoop (16.4g)
Servings Per Container 30

Amount per serving	% Daily Value
Calories 60	
Total Carbohydrates 5g	2%*
Total Sugars 2g	†
Includes 2g Added Sugars	5%*
Sodium 50mg	2%
L-Leucine 3500mg	†
L-Phenylalanine 1400mg	†
L-Lysine 1200mg	†
L-Valine 1000mg	†
L-Threonine 1000mg	†
L-Isoleucine 800mg	†
L-Histidine 800mg	†
L-Methionine 300mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Orange Mango,
Naturally Flavored with
other Natural Flavors

Supplement Facts

Serving Size 1 scoop (16.8g)
Servings Per Container 30

Amount per serving	% Daily Value
Calories 60	
Total Carbohydrates 5g	2%*
Total Sugars 2g	†
Includes 2g Added Sugars	4%*
Sodium 55mg	2%
L-Leucine 3500mg	†
L-Phenylalanine 1400mg	†
L-Lysine 1200mg	†
L-Valine 1000mg	†
L-Threonine 1000mg	†
L-Isoleucine 800mg	†
L-Histidine 800mg	†
L-Methionine 300mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Strawberry Lemonade,
Naturally Flavored with
other Natural Flavors

Let's make moves, together!

For more information and helpful tools, visit [OPTAVIA Client Answers](#) or connect with your independent OPTAVIA Coach. Coaches can find additional resources on [Coach Answers](#).

Packaging: 30 servings per bag

\$59.95

