



Approved Claims for OPTAVIA ACTIVE™ Whey Protein

Nutrient Content Claims

- High in protein
- Excellent source of protein

Protein Quality Claims

- High quality protein
- High quality whey/dairy protein
- Readily digestible and absorbed

Muscle Health Claims

- Activates muscle protein synthesis
- Helps support healthy muscle
- Helps support muscle health

Muscle Strength and/or Growth Claims

- Supports lean muscle/muscle mass growth
- Supports muscle growth
- Helps build muscle mass and strength with resistance exercise
- Build lean muscle and strength with resistance exercise

Physical Performance and/or Recovery Claims

- Supports post-workout recovery
- With essential amino acids (EAAs)/branched chain amino acids (BCAAs) to support post-workout recovery
- Reduce muscle soreness after exercise
- Alleviate muscle soreness after exercise
- Aid in/support post-exercise muscle recovery
- Reduce muscle damage and accelerate muscle recovery after exercise
- Fuel post-workout recovery

Retention of Lean Mass on a Reduced-Calorie Diet Claims

- As part of a reduced-calorie diet, adequate protein consumption can aid in the retention of lean muscle mass.
- As part of a reduced-calorie diet, adequate consumption of proteins and amino acids aid in the retention of lean muscle mass.

Other Protein/Satiety Claims

- Anytime protein or post-workout recovery
- Protein helps to increase feelings of satiety/fullness
- Protein can help to reduce feelings of hunger