

OPTAVIA
ACTIVE[™]
WHEY PROTEIN

Get More from Your Healthy Habits

Fuel your motion with
OPTAVIA ACTIVE™ Whey Protein

Meet **OPTAVIA ACTIVE** Whey Protein

You've put in the work. Now, you can better support the Habit of Healthy Motion. **OPTAVIA ACTIVE** Whey Protein is an excellent source of high quality protein to help support lean muscle growth and get more protein in your daily nutrition.



Why you'll love it:

The **OPTAVIA ACTIVE** Whey Protein works with our Optimal Health Plans. Our whey protein is an easy choice to support your holistic health goals.

- High quality protein
- Readily digestible and absorbed
- Activates muscle protein synthesis
- Helps support healthy muscle
- Supports muscle mass growth
- Helps build muscle mass and strength. (with resistance exercise)
- Aid in/supports post-exercise muscle recovery
- Anytime protein or post-workout recovery
- Protein can help to reduce (feelings of) hunger

How do I incorporate Whey Protein into an **OPTAVIA®** Plan?

It's seamless to add **OPTAVIA ACTIVE** Whey Protein into the healthy habits that have driven your success.

You may use **OPTAVIA ACTIVE** Whey Protein as part of the Optimal Health 3 & 3 ACTIVE Plan[™] or in conjunction with any healthy eating meal plan.

Keep in mind:

- One serving can count as 1 Healthy Exchange on the Optimal Health 3 & 3 ACTIVE Plan.
- **OPTAVIA ACTIVE** Whey Protein is not recommended for use while following any of the Optimal Weight meal plans. It was not designed to fit within the nutritional guardrails of the Optimal Weight meal plans.
- Be sure to monitor and track your intake throughout your journey to make appropriate adjustments to your Habits of Healthy Eating & Hydration and Habits of Healthy Motion.


 OPTAVIA
ACTIVE™

How we stand out:

- **OPTAVIA ACTIVE** Whey Protein contains 24g of high-quality protein and when paired with a healthy diet and resistance exercise, can help build muscle and strength.
- Contains no flavors, colors or sweeteners from artificial sources, and no stimulants.
- Readily digestible and absorbed.
- Comes with the support and encouragement of your independent **OPTAVIA Coach & Community**.
- Certified by an independent third-party organization, Informed Sport.



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 container
 Available in Chocolate and Vanilla*

\$62.95



How to Use:

- Mix one level scoop with 6-8 fl. oz. cold water in a shaker or BlenderBottle® and shake until dissolved.
- For best results, consume within 60 minutes after exercise or enjoy anytime as part of your protein-balanced meal plan.
- To use as a coffee creamer: Add one level scoop to 2 oz. room temperature water and stir well. Add to 8 oz. cup of hot or iced coffee.

Nutrition Facts	
30 servings per container	
Serving size	1 scoop (33g)
Amount per serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 75mg	25%
Sodium 120mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 24g	48%
Vitamin D 0mcg 0%	Calcium 129mg 10%
Iron 0mg 0%	Potassium 135mg 2%

Vanilla, Naturally Flavored with other Natural Flavors

Nutrition Facts	
30 servings per container	
Serving size	1 scoop (35g)
Amount per serving	
Calories	140
<small>% Daily Value*</small>	
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 75mg	25%
Sodium 190mg	8%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 24g	48%
Vitamin D 0mcg 0%	Calcium 131mg 10%
Iron 1mg 6%	Potassium 219mg 4%

Chocolate, Naturally Flavored with other Natural Flavors