

Introducing

OPTAVIA ASCEND™ FOR GLP-1 USERS

Designed to Complement Your GLP-1 Journey

Tackle the challenges of eating less and staying healthy on GLP-1 medications with **OPTAVIA ASCEND**. Scientifically formulated mini meals, supplements and Lean & Green+ meals are carefully calculated to work together to deliver the targeted nutrition to help support lean muscle, balanced meals and keep you feeling full.

A COMPREHENSIVE PLAN THAT'S EASY!



3 ASCEND mini meals

20g or more of high-quality protein to maintain lean muscle mass, 5–10g fiber to support digestive health and calcium to support bone health and muscle function.

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1 Lean & Green+ meal

Created by culinary experts and dietitians, these perfectly portioned, balanced meals make healthy eating simple and satisfying.

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1 Daily Nutrients Pack

Key micronutrients and omega-3 fatty acids that help fill the nutrition gap you may experience with reduced calorie intake on GLP-1 medications.

Additional Fruits & Vegetables As Tolerated

DID YOU KNOW?

96% of Americans know they need to improve their health, but only **17%** feel confident managing it alone.* People are more successful with a coach by their side! That's why **OPTAVIA ASCEND** combines nutrition with personalized coaching to guide you every step of the way.

OPTAVIA ASCEND and your coach help you:

- Lose quality weight and help retain lean muscle mass
- Understand what to eat throughout your GLP-1 weight loss journey
- Develop lifelong healthy eating habits
- Gain peace of mind, knowing you're never alone

Specifically Designed for GLP-1 Users

For more information and helpful tools, visit:

- [OPTAVIA.com](https://www.optavia.com)
- [Client Answers](#)
- Or, connect with your independent **OPTAVIA** coach.

2019 clinical study where participants who had the support of a coach lost up to 10x more weight than the self-directed group. Based on the results of a 16-week clinical study, those who participated in at least 75% of their 23 assigned **OPTAVIA** coaching calls lost 15.2 lbs. compared to 6.7 pounds for those participating in fewer calls.