

Introducing
OPTAVIA ASCEND™

Created Specifically for the GLP-1 Journey & Perfectly Suited
for Weight Management

OPTAVIA ASCEND Helps Remove the Confusion of “What Do I Eat”

Scientifically formulated mini meals, supplements and Lean & Green+ meals deliver targeted nutrition to help retain lean muscle*, fill nutrition gaps and keep you feeling full — whether you’re on or transitioning off GLP-1 medications, or help managing your new physique.

A COMPREHENSIVE SYSTEM THAT’S SIMPLE!



High-Protein 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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Lean & Green+ meals

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

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Daily Nutrients Pack

Key micronutrients and omega-3 fatty acids to support whole body health and fill nutrition gaps.

Additional Fruits & Vegetables As Tolerated

LET OPTAVIA ASCEND HELP TAKE THE GUESSWORK OUT OF NUTRITION.

OPTAVIA ASCEND products were thoughtfully crafted to support individuals on GLP-1 medications** and are an excellent choice for to help clients manage long-term weight loss as they transition off of medication.

OPTAVIA ASCEND helps:

- Retain lean muscle
- Fill nutrition gaps
- Keep you feeling full
- Support digestive health
- Bone health and muscle function support

For more information and helpful tools, visit:

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

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

Medical advice, treatment, prescriptions, and the overall practice of medicine must be provided by a licensed healthcare professional. **OPTAVIA and its coaches do not engage in or provide any medical services.