

OPTAVIA ASCEND™ DAILY NUTRIENTS PACK: ESSENTIAL NUTRITION, SIMPLIFIED.

Our Daily Nutrients Pack includes vitamins and minerals designed to complement our **OPTAVIA ASCEND** mini meals. Together, they support your health goals, from fueling energy to promoting healthy weight.



21 vitamins and minerals
100% of daily value to support whole body health including immune health, metabolism and cellular energy.



B vitamins
to support cellular energy and aid in the metabolism of fats and carbohydrates to help your body convert food to fuel.



Calcium and magnesium
excellent source to support bone health and muscle function.



Omega-3 fatty acids
formulated with DHA & EPA to support brain health, eye health and heart health.

It's that EASY!

Everything you need is in one daily pack, so there's no forgetting to take them or trying to figure out what you need.

For more information and helpful tools, visit [OPTAVIA.com](https://www.optavia.com), [Client Answers](#) or connect with your independent **OPTAVIA** coach.