

Introducing

OPTAVIA ASCEND™ FOR WEIGHT MANAGEMENT

OPTAVIA's new Optimization Plan is a personalized approach to weight management designed to help you stay at your goal weight and help keep it off. Our new product line, **OPTAVIA ASCEND**, is multifaceted, supporting your healthy weight journey with scientifically formulated mini meals, supplements, and Lean & Green+ meals. Together, they help retain lean muscle and keep you feeling full and satisfied.

A COMPREHENSIVE PLAN THAT'S EASY!



2 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.

+



2 Lean & Green+ meals

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

+



1 Daily Nutrients Pack and Healthy Exchanges

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

OPTAVIA'S NEW OPTIMIZATION PLAN IS YOUR PERSONALIZED APPROACH FOR WEIGHT MANAGEMENT.

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.