

# Help Ensure Healthy Weight Loss with OPTAVIA

Support Healthy Metabolism & Healthy Muscle

Without healthy nutrition and sufficient protein, weight loss will be unhealthy and the loss of skeletal muscle can occur.



The goal of Healthy Weight loss is to lose predominantly fat (visceral adiposity) and not skeletal muscle.



Aging can also result in the loss of muscle. Our clinically proven products and programs help ensure both Healthy Weight Loss and Healthy Muscle.

## Clinically Proven Products & Programs

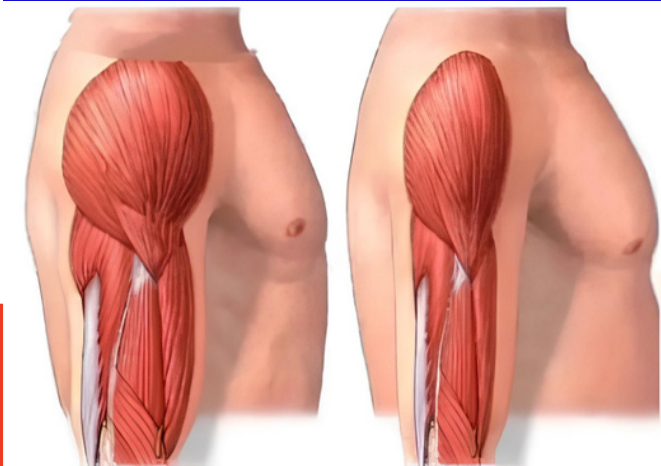




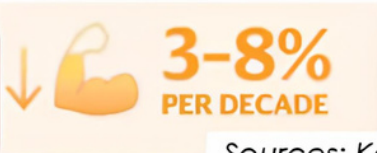
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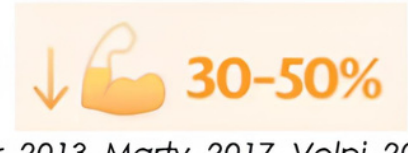


Muscle mass decreases ~ 3-8% per decade after age 30.



## We Lose Muscle as we Age

From age 40-80 years, muscle mass declines ~ 30-50%.



After age 40 we lose ~ 8% of muscle every 10 years.



Sources: Keller, 2013. Marty, 2017. Volpi, 2004. Marzetti, 2017.

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## Clinically Proven Products & Programs



## Whey Protein & Essential Amino Acids



In a clinical study, the group on the Optimal Weight 5 & 1 Plan® lost 10x more weight than the self-directed group. Average weight loss on the Optimal Weight 5 & 1 Plan is 12 pounds.



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SUPPORT HEALTHY METABOLISM & HEALTHY MUSCLE

Without healthy nutrition and sufficient protein, weight loss will be unhealthy and the loss of skeletal muscle can occur.

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## CLINICALLY PROVEN PRODUCTS & PROGRAMS

