



OPTAVIA®

Gout Guide

Lifelong Transformation,
One Healthy Habit at a Time®

Welcome to **OPTAVIA**!

At **OPTAVIA**, we believe you can live the best life possible and we know that requires a healthy you. We help you achieve lifelong transformation by incorporating healthy habits into everything you do. These habits get your mind and body working together, to work for you. Every simple new habit, every healthy decision, every positive change leads to more.

If you suffer with gout, achieving a healthy weight can help. Excess weight puts more stress on your joints and can increase your risk of hyperuricemia. **OPTAVIA** Fuelings can be a healthy option for people with a history of gout; however, we do recommend certain modifications to your meal plan.

Those with gout should lose weight gradually and steadily, using a meal plan that is slightly more liberal in calories and carbohydrates, yet more restricted in protein than the Optimal Weight 5 & 1 Plan®, to lessen the risk of increased uric acid levels. **OPTAVIA**'s Program for Gout does not induce a fat-burning state, which can increase uric acid levels in the blood. Its higher calorie level promotes a more gradual weight loss than the regular Optimal Weight 5 & 1 Plan, and it encourages food choices with only low or moderate amounts of purines.



Before You Begin

We recommend that you contact your healthcare provider before starting and throughout your **OPTAVIA** journey, especially if you are taking medications (e.g., diabetes medications, high blood pressure medications, Coumadin (Warfarin), lithium, thyroid medications, etc.).

MEDICAL DISCLAIMER:

The Company ("We") recommends that you consult your healthcare provider prior to starting any weight loss program, and during the course of your weight loss program. Do NOT use any **OPTAVIA**® plan if you are pregnant or under the age of 13.

Before starting a weight loss program, talk with your healthcare provider about the program, and about any medications or dietary supplements you are using, including especially Coumadin (Warfarin), lithium, diuretics, or medications for diabetes, high blood pressure or thyroid conditions. Do not participate in any **OPTAVIA** Program until you are cleared by your healthcare provider if you have or have had a serious illness (e.g. cardiovascular disease including heart attack, diabetes, cancer, thyroid disease, liver or kidney disease, eating disorders such as anorexia or bulimia), or any other condition requiring medical care or that may be affected by weight loss.

The **OPTAVIA** for Teens plan is the only **OPTAVIA** Program appropriate for teens (13 to 17 years of age). The Optimal Weight 5 & 1 Plan® is NOT appropriate for teens, sedentary older adults (65 years and older), nursing mothers, people with gout, some people with diabetes, and those who exercise more than 45 minutes per day - if you fall into one of these categories, please consult your healthcare provider and refer to www.OPTAVIA.com and talk with your independent **OPTAVIA** Coach about other **OPTAVIA** plans that may be appropriate. For special medical or dietary needs, including food allergies, refer to our program information online, consult your healthcare provider and talk to your **OPTAVIA** Coach. Do not consume an **OPTAVIA** product if you are allergic to any of that product's ingredients which are listed on the product packaging and on the **OPTAVIA** website.

We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.

NOTE: Rapid weight loss may cause gallstones or gallbladder disease or temporary hair thinning in some people. While adjusting to the intake of a lower calorie level and dietary changes, some people may experience dizziness, lightheadedness, headache, fatigue, or gastrointestinal disturbances (such as abdominal pain, bloating, gas, constipation, diarrhea, or nausea). Consult your healthcare provider for further guidance on these or any other health concerns. Seek immediate medical attention if you experience muscle cramps, tingling, numbness, confusion, or rapid/irregular heartbeat as these may be a sign of a more serious health condition.

For avoidance of doubt, the **OPTAVIA** Programs and products are not labelled, advertised or promoted for any specific medicinal purpose, i.e. treatment or prevention, implied or otherwise, of any disease or disorder, including its related conditions.

The **OPTAVIA** programs, products, and any of its materials and/or information do not in any way constitute medical advice or substitute for medical treatment. As individuals may have different responses to dietary products or changes in diet, consult with your healthcare provider regarding any medical concerns.

For further information regarding this Medical Disclaimer, call Nutrition Support at 1.888.OPTAVIA or email at NutritionSupport@OPTAVIA.com.

Gout Plan

The **OPTAVIA** for Gout Plan incorporates a balance of low purine foods, moderate protein and two **OPTAVIA** Fuelings to provide approximately 1,200 calories per day. On this plan, you'll eat six times daily, once every two to three hours. Use the Food Group Chart and Gout Sample Menu on page 6 to help you plan your meals.

We recommend the following as part of the **OPTAVIA** for Gout Plan:

- Limit animal protein in your diet. Choose no more than six ounces of low- or moderate-purine choices of lean meat, poultry or fish per day.
- Incorporate two servings of low-fat or fat-free dairy products daily. Dairy products may help to prevent or decrease the risk of gout.
- Aim for about 1,200 calories per day to allow for gradual weight loss and to decrease the potential of developing elevated uric acid levels.
- Choose foods that are low and/or moderate in purines, and avoid moderate-purine choices during a gout flare-up.
- Avoid alcohol during the weight-loss phase and during flare-ups.
- Drink 64 oz. of water each day as it can help remove uric acid from the body.*
- Limit higher-purine vegetables such as asparagus, cauliflower, mushrooms, peas, and spinach and avoid them completely during a flare-up.

Remember, these are general recommendations - every individual is different, so it is important to discuss any weight-loss program with your healthcare provider to determine if it's right for you.

*We recommend drinking 64 ounces of water each day. Contact your healthcare provider prior to changing the amount of water you drink as it can affect levels of certain medications.





*increase your health,
confidence and vitality*

Food Group Chart (1,200 calories per day)

| | Number of servings/day |
|--|------------------------|
| OPTAVIA Fuelings | 2 |
| Grains | 2 |
| Vegetables | 3 |
| Fruits | 2 |
| Lean meats and meat substitutes | 2, 3 oz. servings |
| Dairy | 2 |
| Fats | 2 |

Gout Sample Menu

Breakfast:

- ½ cup cooked oatmeal
- 1 small, sliced banana
- 1 cup plain coffee (regular or decaf)

Mid-morning:

- **OPTAVIA** Essential Chocolate Mint Cookie Crisp Bar
- 1 cup low-fat milk

Lunch:

- 3 oz. grilled chicken breast
- 1 cup mixed salad greens
- ½ cup diced tomatoes
- 1 Tbsp salad dressing

Mid-afternoon:

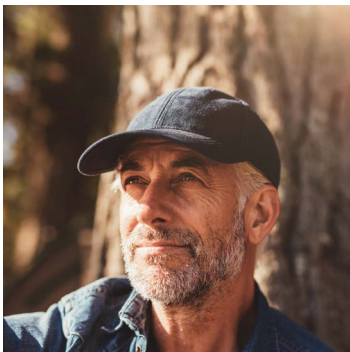
- 6 unsalted almonds
- 12 cherries

Dinner:

- 3 oz. broiled tilapia
- ½ cup brown rice
- ½ cup steamed broccoli

Evening:

- **OPTAVIA** Essential Decadent Chocolate Brownie Mix with Greek Yogurt Chips
- 1 cup low-fat milk



We're with you every step of the way



Talk to your independent **OPTAVIA Coach**

Caring, knowledgeable, one-on-one support provided by your personal Coach is one of the key components that makes **OPTAVIA** different from other programs. Lean on your **OPTAVIA Coach** for support as you begin your optimal health journey.



Develop your **Habits of Health**

Dr. A's Habits of Health Transformational System is your core curriculum to create healthy habits. This unique, comprehensive approach is essential to your long-term success. Talk to your **OPTAVIA Coach** today about using these tools to transform yourself and others!



Stay motivated with **daily inspiration**

With your phone text the message "**OPTAVIA**" to number **462-57 (GOALS)** the day before you start your **OPTAVIA** journey to receive daily quick tips, inspiration, healthy reminders and much more!*



Learn from the **OPTAVIA Community**

Tune in to Coach-led support calls to ask questions, learn more about the program and products and receive the support you need. Visit ANSWERS.OPTAVIA.com for additional tools and resources.



Discover new, **delicious recipes**

By visiting our [Pinterest page](#) or by downloading the **OPTAVIA App** from the [Apple App Store](#) (for iPhone users) or [Google Play](#) (for Android devices) for access to a variety of Lean & Green meals. The **OPTAVIA App** also has self-service options related to **OPTAVIA Premier Orders** and returns and other key resources.

*Summary Terms & Conditions: Our mobile text messages are intended for subscribers over the age of 13 and are delivered via USA short code 462-57 (GOALS). You may receive up to 50 message(s) per month for text alerts. Message and data rates may apply. This service is available to persons with text-capable phones subscribing to carriers including SouthernLinc, Bandwidth, Google Voice, Buffalo Wireless, Chardon Valley Cellular, Leaco, CableVision, Copper Valley, AT&T, Sprint/Boost/Virgin, T-Mobile/MetroPCS, Verizon Wireless, CellCom USA, C Spire Wireless, U.S. Cellular, Pine Belt Wireless, ACS/Alaska, Atlantic Tele-Network International (ATN), Advantage Cellular (DTC Wireless), Appalachian Wireless, Bluegrass Cellular, Cellular Network Partnership (PIONEER), Cellular One of East Central Illinois, Chat Mobility USA, Coral Wireless (Mobi PCS), Element Mobile (Flat Wireless), Epic Touch (Elkhart Telephone), GCJ Communications Corp, Golden State Cellular, Illinois Valley Cellular (IV Cellular), i Wireless (IOWA Wireless), Nex-Tech Wireless, MTA Communications, MTPCS (Cellular One Nation), Cross Telephone Company (MBO Wireless), Duet IP (Maximum Communications New Core Wireless), Inland Cellular Telephone Company, Immix (Keystone Wireless), Mosaic (Consolidated or CTC Telecom), Northwest Missouri Cellular Limited, Peoples Wireless, Panhandle Telecommunications Systems (PTCI), RINA, Revol Wireless USA, SI Wireless/Mobile Nation, SRT Wireless, Texas RSA 3 Ltd (Plateau Wireless), Thumb Cellular, United Wireless, Union Telephone Company (Union Wireless), Viasero Wireless, West Central Wireless (5 Star Wireless), Sagebrush Cellular (Nemont), Carolina West Wireless (CWW), Pine Cellular, Aio Wireless/Cricket. For help, text HELP to 462-57 (GOALS), visit ANSWERS.OPTAVIA.com or call +1.888.OPTAVIA. You may stop your mobile subscription at any time by text messaging STOP to short code 462-57 (GOALS).





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one healthy habit at a time.®

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