

Thyroid Medications, Soy, & **OPTAVIA**™

OPTAVIA utilizes a variety of protein sources in our Fuelings, one of which is soy protein. We are confident in our high quality soy protein as a healthy, sustainable protein source with numerous benefits. If you want to limit and/or avoid soy protein because of a soy allergy, thyroid medication use, or your healthcare provider's recommendation, the following information can help.

Soy Allergy

Most often a soy allergy shows up with mild signs and symptoms that may include skin breakouts, itching, or redness; nasal congestion; or digestive issues. If you have a soy allergy, please discuss the **OPTAVIA** Fuelings with your healthcare provider before beginning the **OPTAVIA** program. In rare cases, people have a severe soy allergy that can cause life-threatening reactions. People with a severe soy allergy should avoid ALL soy, including traces of soy lecithin.

Thyroid Medication

We recommend that you consult with your healthcare provider about any prescription medications you are taking prior to starting **OPTAVIA** or any other weight loss program.

If your healthcare provider has prescribed thyroid medications like levothyroxine, Synthroid®, or Levoxyl®, you should understand that eating soy protein may slow down your body's absorption of these drugs. Ask your healthcare provider for specific guidance on how to take your thyroid medication in conjunction with our Fuelings.

If no specific guidance is provided, we recommend waiting one to three hours before and after taking your thyroid medication before eating any Fuelings containing soy protein. If you take your thyroid medication first thing in the morning, don't skip breakfast; instead, make sure your first Fueling is soy protein-free, or have your lean and green meal. Similarly, if you take your thyroid medication before bed, make sure your last meal is either your lean and green meal or one of the soy protein-free Fuelings. It is only around the time thyroid medications are taken that soy protein needs to be avoided; the rest of the day, you can incorporate Fuelings with soy protein.

Your healthcare provider may want to monitor your thyroid hormone levels during your weight loss journey. Work with your healthcare provider to ensure you are receiving a therapeutic level of medication as you change your dietary habits and reach a healthy weight.

Examples of soy protein-free Fuelings:

- **OPTAVIA** Select Buttermilk Cheddar Herb Biscuit
- **OPTAVIA** Essential Frosty Coffee Soft Serve Treat
- **OPTAVIA** Select Chipotle and Spinach Pesto Mac & Cheese
- **OPTAVIA** Essential Smashed Potatoes (both flavors)
- **OPTAVIA** Select Dark Chocolate Covered Cherry and Green Renewal Shakes
- **OPTAVIA** Essential Creamy Tomato Bisque (with Basil)

For a complete list of soy protein-free **OPTAVIA** Fuelings, please refer to our Product Claims document at Answers.OPTAVIA.com.



OPTAVIA™



About Soy Lecithin

In most cases, this common food blending agent is made from refined soybean oil. The process removes most, if not all, the proteins that cause allergies.¹ According to the Cleveland Clinic, studies have shown that most people with a mild soy allergy can safely eat foods containing soy lecithin.² If you have concerns, ask your healthcare provider if trace amounts of soy lecithin are okay for you to eat.

1 Nebraska Institute of Agriculture and Natural Resources' Food Allergy Research and Resource Program. Soybeans and Soy Lecithin. Online. <http://farrp.unl.edu/soy-lecithin>
2 Cleveland Clinic. Soy Allergy. Online. <https://my.clevelandclinic.org/health/articles/soy-allergy>

Optimal Weight 5 & 1 Plan[®] Sample Daily Meal Plans

Soy Protein-Free (all of these meals are free of soy protein).

Breakfast

OPTAVIA Select Wild Blueberry Almond Hot Cereal
(contains soy lecithin)

Mid-morning

OPTAVIA Select Green Renewal Shake

Lunch

OPTAVIA Essential Sour Cream and Chive Smashed Potatoes

Mid-afternoon

OPTAVIA Select Buttermilk Cheddar Herb Biscuit

Dinner

6 oz. grilled chicken breast, 1½ cups cooked asparagus, 1 tsp olive oil

Evening

OPTAVIA Essential Frosty Coffee Soft Serve Treat

Thyroid Medication (dosage taken before breakfast)

Your first meal of the day is soy protein-free so it doesn't interfere with your morning dosage of thyroid medication.

Breakfast

OPTAVIA Select Indonesian Cinnamon & Honey Hot Cereal

Mid-morning

OPTAVIA Essential Silky Peanut Butter & Chocolate Chip Bar

Lunch

5 oz. grilled salmon, 1½ cups steamed broccoli

Mid-afternoon

OPTAVIA Select Chia Bliss Smoothie

Dinner

OPTAVIA Essential Creamy Tomato Bisque (with Basil)

Evening

OPTAVIA Essential Campfire S'mores Crisp Bar

