

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 doctor'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 doctor before beginning the **OPTAVIA** program. In rare case, 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 doctor about any prescription medications you are taking prior to starting **OPTAVIA** or any other weight loss program.

If your doctor has prescribed thyroid medications like levothyroxine, you should understand that eating soy protein may slow down your body's absorption of these drugs. Ask your doctor 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 doctor may want to monitor your thyroid hormone levels during your weight loss journey. Work with your doctor 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** Essential Caramel Macchiato Flavored Shake
- **OPTAVIA** Essential Velvety Hot Chocolate
- **OPTAVIA** Essential Roasted Garlic Creamy Smashed Potatoes

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



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 allergies¹ According to the Cleveland Clinic in U.S., 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 doctor 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

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 Essential Caramel Macchiato Flavored Shake
Mid-morning
OPTAVIA Essential Raisin Oat Cinnamon Crisp Bar
Lunch
140g grilled salmon, 1 ½ cups steamed broccoli
Mid-afternoon
OPTAVIA Essential Tropical Fruit Smoothie
Dinner
OPTAVIA Essential Rustic Tomato Herb Penne
Evening
OPTAVIA Essential Decadent Chocolate Brownie (with Greek Yogurt Chips)

