



OPTIMAL HEALTH SYSTEMS

Where Health Comes Naturally

A message from our formulator!

Hello,

Welcome to the mission, that later became our company.

For over 25 years, we have made it our passion to provide health programs and whole food, easily delivered, nutritional supplements to individuals striving to improve their health all over the world. Creating formulas that are easily delivered to the body's cell level is crucial. Nutrients cannot be used to help the body reach optimal health unless they are in a form that's useable by the body.

The staff here at Optimal Health Systems are fully committed to providing the highest quality formulas

that obey the laws of nature by being whole food based. We are also committed to providing tremendous value through our packaging, shipping, marketing and customer service. Unlike most companies, every single part of the process, from raw ingredient sourcing to the day you receive the product, is overseen by our in-house staff.

Please take advantage of our inspirational, transformational, and educational content by signing up for our emails, viewing our world-famous nutrition blog on our website, and scrolling our social media profiles on Facebook, Instagram and YouTube.

Our commitment to help you reach optimal health is unsurpassed in the industry.

Thank you for your desire to reach optimal health.

Yours in health,
Doug Grant
*BS Nutrition - ACSM - Founder/
Formulator of OHS*



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For more info on all our products, visit www.ohs4life.com

Prescription drugs ARE BETTER THAN typical supplements . . .

There are many who'd argue the exact opposite. The backwards truth is prescription drugs excel at delivering ingredients at the cellular level, whereas typical supplements don't get absorbed because your body doesn't digest them properly. Prescription drugs get it right when it comes to cellular delivery. The problem with drugs is they come with negative side effects and health risks, and the problem with typical supplements is that they're made from synthetic chemicals.

We at Optimal Health Systems believe true healing and health comes from whole food nutrients, not drugs or synthetic ingredients, and making sure they are delivered at the cellular level.

OHS was founded on the mission to raise the health standard in the world by mentoring doctors and patients one person at a time, and delivering wholesome supplements that truly improve the quality of life and health. One way we help people get healthy is with high-potency supplements made with whole foods. Then we take it one step further, adding plant enzymes and organic minerals to ensure digestion. **This combination of whole foods and Opti-Blend™ is how we deliver high potency nutrients at the cellular level.**



Whole Food Cultured Media

Optimal Health Systems has worked with many leaders in the nutrition field for over two decades to develop this blend. By using nature's fermentation process with organic yeast, pure plant enzymes, stabilized probiotics, and a variety of whole foods, we can now deliver higher potencies of whole food vitamins and minerals.

Opti-Blend™ Digestion & Delivery System

We also take our supplements a step further with our special predigestion process with patented ingredients.

Adding enzymes and organic minerals before carefully packing them in capsules ensures delivery at the cellular level and increases absorption. We're the first supplement company that does this, and it makes a huge difference when it comes to your health. Your body soaks up every last granule and starts using it right away, instead of having to do all the digestion work and losing potency in the process.

Opti-Blend™ utilizes a combination of 10 kosher-certified, non-GMO, aspergillus oryzae enzymes and patented organic minerals to help digest every nutrient. Every person can receive the benefits of whole food supplementation because the nutrients are digested and delivered independent of the individual's condition.

OPTIMAL ONE
DIGEST-A-MEAL

Optimal One Digest-A-Meal is the best selling formula whose nutrients break down all foods, helping eliminate gas, acid reflux, and indigestion.

THE ESSENTIAL INGREDIENTS:

- Promote complete digestion of proteins, fats and carbohydrates
- Promote digestion of cooked foods
- Reduces symptoms of lactose & gluten intolerance
- Ingredients backed by patents
- Nutritionally supports the relief of indigestion, gas, reflux and bloating.

TOP SELLER FOR
30
YEARS

OPTIMAL 1 DIGEST-A-MEAL™

Digesting your food is the way to eliminate bloating, indigestion and gas while ensuring energy creation, fat digestion, and optimal health. The non-digestion of foods is what many doctors feel is the leading cause of disease.

Making sure the food you eat is “naturally” digested into nutrients provides the body with consistent energy and vibrant health. This natural digestion can only be done if ALL enzymes needed to digest your food into usable forms are available.

Optimal 1 Digest-A-Meal is the only formula on the market that uses highly potent plant enzymes to break down ALL proteins, carbohydrates, and fat into absorbable nutrients. It also contains the patented and heat stabilized probiotics for complete absorption into the bloodstream and the organic minerals to utilize the food at the cellular level.

No other formula comes close to the 30+ years of results Optimal 1 Digest-A-Meal has created for customers around the world.

THE ONLY FORMULA THAT CONTAINS
ALL ESSENTIAL INGREDIENTS

ADDRESS ALL 3 STAGES
OF DIGESTION

- ✓ Plant Enzymes for DIGESTION
- ✓ Stabilized probiotics for ABSORPTION
- ✓ Organic minerals for full UTILIZATION



CONTAINS POTENT SPECIALTY ENZYMES

Contains no animal enzymes or acids.

Contains potent specialty enzymes.

DIGEST



The statements made are based off of certified research and have not been evaluated by the Food and Drug Administration. The product is not intended to diagnose, treat, cure, or prevent any disease or medical condition.

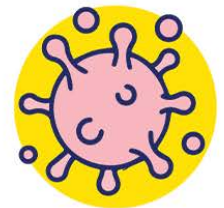
**21 DAY BLITZ
CHALLENGE**

The 21 day blitz challenge is a heavily researched and proven program that has helped the public, patients and professional athletes burn fat, crave healthier foods and increase energy levels. It is the "difference maker" that can help you create healthier eating habit and maintain a positive outlook and mindset.

THIS PROGRAM HAS HELPED 1,000's FINALLY STICK WITH HEALTHY LIFESTYLE CHANGES. THE COMBINATION OF A NUTRITIOUS EATING PLAN AND PROVIDING THE BODY WITH BILLIONS OF FLORA AND ENZYMES WILL HELP BOOST YOUR ABILITY TO BURN FAT AND GAIN ENERGY LIKE NEVER BEFORE.



REPROGRAM GUT BACTERIA



CRAVE HEALTHIER FOODS



RESET METABOLISM & BURN FAT



The 21 Day blitz challenge comes with the exact program and education booklet created with over 30 years of testing. It also has the patented Flora Blitz 100 custom pak that has over 1 trillion friendly flora in it. The #1 selling Digestion formula that has the most potent plant digestive enzymes and a convenient carrying pouch is also included.

**DRAMATICALLY
INCREASES
CIRCULATION**



**NO
Nitric Oxide**



OPTIMAL B.F.F. (Blood-vessel-Flexibility Formula)

**THE MIRACLE COMPOUND
THAT PROMOTES BLOOD
FLOW, REGULATES BLOOD
PRESSURE, OPTIMIZES
FOCUS AND PROMOTES
CONSISTENT ENERGY.**

**WE FEEL OPTIMAL B.F.F. IS THE MOST POWERFUL
FORMULA WITH GAME CHANGING NATURAL NUTRIENTS
PROVEN TO DRAMATICALLY INCREASE NITRIC OXIDE.**

When nitric oxide is in abundance, it dramatically increases blood vessel flexibility. This promotes a healthy heart and lowers risk of heart disease. Nitric Oxide is the molecule that does all this and more.

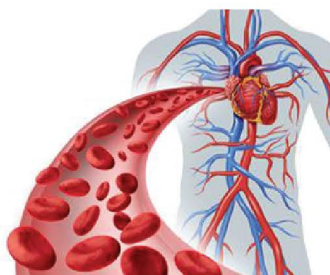
- Huge Nitric Oxide boost
- Stop muscle loss
- Effective at any age
- Results with just one dose
- Natural energy

Nutrition Facts	
Serving Size: 3 Chewable Tablets	Servings Per Container: 30
Amount Per Serving	% Daily Value
Total Calories	6 **
Total Carbohydrates	1.2 g **
Dietary Fiber	0 g **
Sugars (from fruit)	3 mg **
Creatine Nitrate	3 g **
l-Nitrate Food Blend	600 mg **
Caffeine (Green Tea)	90 mg **

**Daily Value not established.
Other Ingredients: Natural Orange Citrus Flavor, Stevia, Natural Silica, Creatine Nitrate, l-Nitrate Food Blend:
RAW FREEZE DRIED: Banana, Pineapple, Strawberry, Noni, C. Berry, Broccoli Sprouts, Acerola Cherry, Camu Camu, Tomato, Broccoli, Carrot, Acai, Mango steen, Spinach, Kale, Brussels Sprouts, Elderberry, Sweet Cherry, Blackberry, Chokeberry, Raspberry.
ORGANIC JUICES: Raspberry, Cranberry, Strawberry, Blackberry, Carrot, Blueberry, Pomegranate, Acai, Cherry, Watermelon.
HERBS and EXTRACTS: Green Tea, Onion, Red Apple, Quercetin, Organic Turmeric, Garlic, Basil, Oregano, Cinnamon, Black Currant, Blueberry.



Before Nitric Oxide.



After Nitric Oxide.

"More oxygen circulation, better lung capacity, warmer extremities, stronger immune system, reduced inflammation, lower cholesterol, healthy aging, healthier heart, healthier hair and skin, and blood flow like your days of youth!"

-Unger Chiropractic Clinic

"Optimal B.F.F. is the only formula that dramatically increases nitric oxide through natural ingredients while also providing muscle and cell regenerating nutrients. Optimal B.F.F. is in my every day no matter what regimen and should be in yours also."

-Founder/Formulator, Doug Grant

SAME GREAT FORMULA

LIGHTNING VITA-MIN GUMMIES

A delicious real food-flavored gummy without any highly processed ingredients, synthetics, or sugars.

OR

WHOLE FOOD VITAMIN-MINERAL

A capsule form with our Opti-Blend predigested nutrients to help the vitamins and minerals be absorbed faster.

**100% RDA of 24
essential nutrients**



**100% RDA of 24
essential nutrients**

Safe, digestible nutrients



Safe, pre-digested nutrients

Chewable gummies



Swallowable capsules

Provide all the needed vitamins & minerals your body needs from over **50 organic nutrient-rich foods** for everyone ages two to ninety-two!

**CHOOSE THE VITAMIN
MINERAL THAT'S BEST FOR
YOU AND YOUR FAMILY!**



For more info, visit www.ohs4life.com



Essential Daily Nutrients & Therapeutic Nutrition Formulas



Optimal 1 Digest-A-Meal™ Formula that Breaks Food Down into Usable Nutrients

The most complete digestion formula containing a full lineup of digestive plant enzymes, organic minerals, and friendly flora. This gives you exactly what your body needs for complete digestion, absorption, and utilization. This has been our top-selling formula for over 30 years. It is a must for every individual who eats cooked and/or processed food.

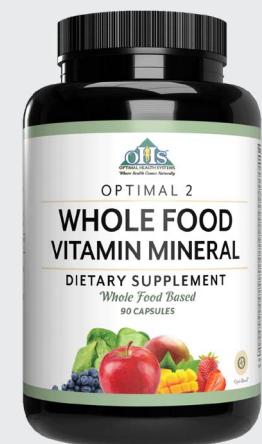
\$32.00 - 90 capsules
\$80.00 - 270 capsules

Supplement Facts	
Serving Size: 2 Capsules / Servings Per Container: 45	
Amount Per Serving	% Daily Value
Proprietary Plant Enzyme Blend	150 mg **
Dipeptidyl Peptidase IV:	125,000 AU
Proteases, Amylases, Lactase, Alpha-Galactosidase, Bromelain, Papain, Lipase, Cellulase.	
Amylase (Aspergillus Oryzae)	50 mg (4,250 DU) **
Invertase (Saccharomyces cerevisiae)	1 mg (170 SU) **
Diastase (Aspergillus Oryzae)	1 mg (21.25) DP **
Aloe Vera Leaf (naturally containing Copper, Zinc, Manganese)	50 mg **
Patented Stabilized Heat Resistant Probiotics	10 mg **
(Lactobacillus acidophilus DDS-1 [®] , Bacillus coagulans, Lactobacillus bulgaricus, Bifidobacterium bifidum, Lactobacillus salivarius, Lactococcus lactis, Streptococcus thermophilus, Bifidobacterium lactis).	50 Million CFU

Other ingredients: Rice Flour (Oryza Sativa), Vegetable Capsule (HPMC & water), Rice Hulls (Oryza Sativa), Plant Based Magnesium Stearate.

SUGGESTED NUTRITIONAL SUPPORT

- Digestion
- Acid Reflux
- All Digestive Disorders
- Poor Circulation
- Chronic Pulmonary Disorders
- Bloating
- Gas
- Flu
- Allergies
- Colds
- Flu
- Asthma



Optimal 2 Whole Food • Vitamin • Mineral

24 Potent Whole Food Vitamins and Organic Minerals

This formula contains potent whole food vitamins and organic minerals that deliver 100% of the recommended daily amount of essential vitamins and minerals. There are no synthetics. The patented organic minerals are retained at the highest levels and have the lowest toxicity of any mineral supplement.

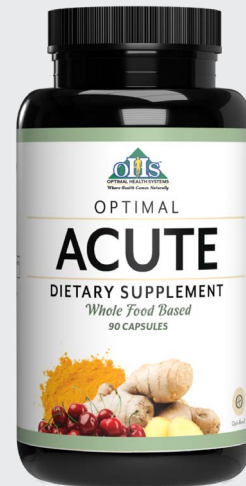
\$32.00 - 90 capsules

Supplement Facts	
Serving Size: 3 Capsules Servings Per Container: 30	
Amount Per Serving	% Daily Value
Vitamin A (Beta Carotene) (Whole Food Cultured)	1500 mcg RAE/5000 IU 167%
Vitamin C (Ascorbic Acid) (Whole Food Cultured)	60 mg 67%
Vitamin D3 (Cholecalciferol) (Whole Food Cultured)	10 mcg/400 IU 50%
Vitamin E (D-Alpha & mixed D-Alpha Tocopherols) (Whole Food Cultured)	26.1 mg/39 IU 174%
B1-Thiamine (Thiamine HCL 78%) (Whole Food Cultured)	2.34 mg as B1 195%
B2-Riboflavin (Riboflavin 98%) (Whole Food Cultured)	2.94 mg as B2 226%
B3-Niacin (Niacinamide) (Whole Food Cultured)	20.58 mg as B3 129%
B6-Pyridoxine HCL (80%) (Whole Food Cultured)	2.40 mg as B6 141%
B9-Folic Acid (Whole Food Cultured)	918 mcg DFE/540 mcg Folic Acid 230%
B12-Methylcobalamin (1%) (Whole Food Cultured)	6 mcg as B12 250%
B7-Biotin (1%) (Whole Food Cultured)	300 mcg as B7 1000%
B5-Pantothenic acid (90%) (Whole Food Cultured)	13.5 mg as B5 270%
Calcium (Calcium Carbonate, Malate, Bisglycinate Chelate)	400 mg 32%
Iron (Calcium Carbonate 19%)	18.24 mg 101%
Magnesium (from Proprietary Blend) (Oxide, Bisglycinate Chelate)	120 mg 29%
Zinc (Bisglycinate Chelate)	15.6 mg 142%
Selenium (Glycinate)	90 mcg 164%
Copper (Copper Gluconate)	1.95 mg 217%
Manganese (Bisglycinate Chelate)	1.92 mg 83%
Chromium (Nicotinate Glycinate Chelate)	150 mcg 429%
Molybdenum (Glycinate Chelate)	75 mcg 167%
Peppermint Leaf (Mentha Piperita)	75 mg **
Spirulina (Arthrospira Platensis) (Algae)***	75 mg **
Barley Grass Juice (Hordeum Vulgare)	75 mg **
Kelp (Ascophyllum Nodosum) (Algae)***	30 mg **
Molasses	15 mg **
Opti-Blend® Enzyme Delivery System	15 mg **
Cultured Media	15 mg **

Daily value not established. *May contain shellfish from sea vegetables. Other ingredients: Hypromellose (Vegetable Capsule), Rice Flour (Oryza Sativa), Plant Based Magnesium Stearate, Silicon Dioxide, Potassium Citrate.

SUGGESTED NUTRITIONAL SUPPORT

- Overall health
- Patented Organic Minerals
- Potent Whole Food Vitamins
- Immune Support
- Nutrient Depletion Due to Stress & Environment



Optimal Acute

A Natural Support to Inflammation

Proteolytic enzymes have been proven to be a safe, natural approach to inflammation reduction. This powerful protease blend of enzymes has been proven to be effective. Used by doctors & athletes for years to nutritionally support natural anti-inflammatory processes and digest unwanted proteins that many believe lead to auto-immune diseases.

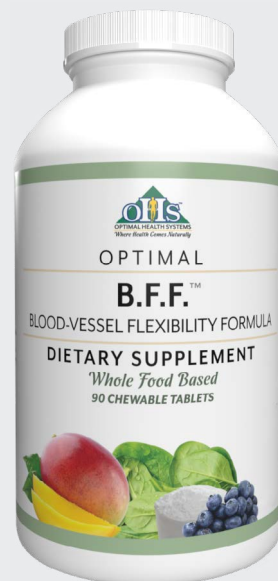
\$40.00 - 90 capsules

Supplement Facts	
Serving Size: 4 Capsules Servings Per Container: 22	
Amount Per Serving	% Daily Value
Vitamin C (as Acerola Juice Powder) (Malpighia Glabra) 25%	40 mg (10 mg Vitamin C) 11%
Zinc (Bisglycinate Chelate)	20 mg 182%
Copper (Gluconate)	2 mg 222%
Manganese (Bisglycinate Chelate)	1 mg 43%
Turmeric Root (Curcuma longa)	400 mg **
Proprietary Natural Anti-Inflammatory Enzyme Blend (Amylases, Lipases, Peptizyme SP, Rutin, Bromelain, Papain, Proteases, Amla).	150,000 AU 200 mg **
Protease (Aspergillus oryzae) (NLT 85,000 HUT)	200 mg **
Ginger Root (Zingiber officinale)	100 mg **
Opti-Blend® Delivery System (Amylase, Proteases, Serratiopeptidase, Lipase, Invertase, Cellulase, Lactase, Diastase, Phytase).	16 mg **
Molasses	4 mg **

**Daily Value not established. Other Ingredients: White Rice Flour (Oryza Sativa), Vegetable Capsule (plant cellulose & water), Rice Hulls (Oryza Sativa), Plant-Based Magnesium Stearate.

SUGGESTED NUTRITIONAL SUPPORT

- Inflammation, Injury, Pain
- Poisonous Bites
- Cold, Flu, Infections
- Osteo & Rheumatoid Arthritis
- Scar Tissue
- Fibromyalgia
- Allergies
- Digestion
- Asthma
- Bruising
- Candida
- Gout



Optimal BFF

50 game-changing ingredients proven to restore artery health and blood flow

The most advanced blood vessel flexibility formula, combining proven nutrients from creatine nitrate and fruits and vegetables to dramatically increase Nitric Oxide in your body. These ingredients have been shown to boost energy, methylation, anabolism, and nitric oxide production which, in turn, can support improved blood flow and heart health.

\$48.00 - 90 chewable tablets

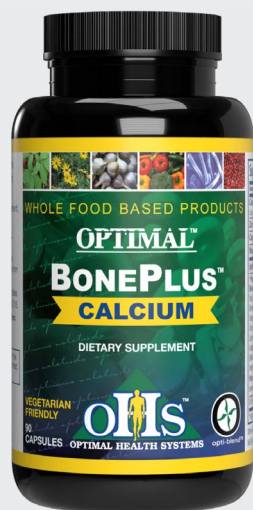
Nutrition Facts

Serving Size: 3 Chewable Tablets Servings Per Container: 30	
Amount Per Serving	% Daily Value
Total Calories	6* *
Total Carbohydrates 1	.2 g **
Dietary Fiber	0 g* *
Sugars (from fruit)	3 mg **
Creatine Nitrate 3	g **
†Nitrate Food Blend	600 mg **
Camellia sinensis & Caffeine	99 mg **
Sodium Bicarbonate	150 mg **

Daily Value not established. Other ingredients: Natural Orange Citrus Flavor, Xylitol, Stevia. **Creatine Nitrate, †Nitrate Food Blend: RAW FREEZE DRIED: Banana, Pineapple, Strawberry, Noni, C. Berry, Broccoli Sprouts, Acerola Cherry, Camu Camu, Tomato, Broccoli, Carrot, Acai, Mangosteen, Spinach, Kale, Brussel Sprouts, Elderberry, Sweet Cherry, Blackberry, Chokeyberry, Raspberry. **ORGANIC JUICES:** Raspberry, Cranberry, Strawberry, Blackberry, Carrot, Blueberry, Pomegranate, Acai, Cherry, Watermelon. **HERBS and EXTRACTS:** Green Tea (Camellia sinensis), Onion, Red Apple, Quercetin, Organic Turmeric, Garlic, Basil, Oregano, Cinnamon, Black Currant, Blueberry.

SUGGESTED NUTRITIONAL SUPPORT

- Blood Flow
- Oxygen Circulation
- Lung Capacity
- Reduced Inflammation
- Immune Support
- Artery Health



Optimal BonePlus Calcium

Nutritionally Supports Strong Dense Bones

A bone-healthy blend of the most absorbable form of calcium, along with a natural ingredient called ipriflavone (Ostivone™), which supports healthy bone formation and strength.

\$32.00 - 90 capsules

SUGGESTED NUTRITIONAL SUPPORT

- Osteoporosis
- Low Bone Density
- Osteopenia
- Bone Repair
- Following Any Surgery on Bone
- Nutritionally Support Bone Grafting or New Bone Growth

Supplement Facts	Serving Size: 6 Capsules	Servings Per Container 15
Amount Per Serving	% Daily Value	
Calcium (Calcium Aminominas, Calcium Bisglycinate Chelate)†	1000 mg	77%
Zinc (Bisglycinate Chelate)†	600 mcg	5%
Copper (Bisglycinate Chelate)†	78 mcg	9%
Manganese (Bisglycinate Chelate)†	96 mcg	4%
Ipriflavone (7-Isopropoxy-isoflavone)††	300 mg	*
††Proprietary Whole Food Cultured Media Blend and Opti-Blend™ Delivery System	130 mg	*
Yeast, Pea Protein. Organic Fruit & Vegetable Blend: Wild Blueberry, Apple, Raspberry, Strawberry, Oat Bran, Cranberry, Grape, Orange, Raspberry Seed, Red Pepper, Carrot, Blackberry, Bilberry, Tart Cherry, Cinnamon, Broccoli, Cucumber, Pomegranate, Beet, Black Currant, Okra, Wild Yam. Probiotics: L. Plantarum, Lactobacillus Acidophilus DDS-1™, Bacillus Coagulans, Lactobacillus Bulgaricus, Bifidobacterium Bifidum, Lactobacillus Salivarius, Lactococcus Lactis, Streptococcus Thermophilus, Bifidobacterium Lactis.		
Plant Enzymes: Amylase, Protease, Serratia Peptidase, Lipase, Invertase, Cellulase, Lactase, Malt Diastase, Phytase.		
Dri Flo Molasses	30 mg	*

Other ingredients: Hypromellose (Capsules), Rice Flour (Oryza Sativa), Rice Hull (Oryza Sativa), Plant Based Magnesium Stearate, Silicon Dioxide.

*Daily Value not established.



LeanClean Protine

Pre-Digested and Grass-fed Whey Protein, Plus Collagen Peptides, for the Ultimate Combination of Muscle Health and Anti-aging Benefits.

A revolutionary, macronutrient-friendly formula that provides clean, lean, digestible protein without high amounts of carbohydrates or fats, while also delivering skin, hair and nail nourishing collagen. Collagen Plus is a great tasting, protein-only powder with a sweet vanilla cake flavor and absolutely NO ARTIFICIAL SWEETENERS!

\$87.00 - 800 grams

SUGGESTED NUTRITIONAL SUPPORT

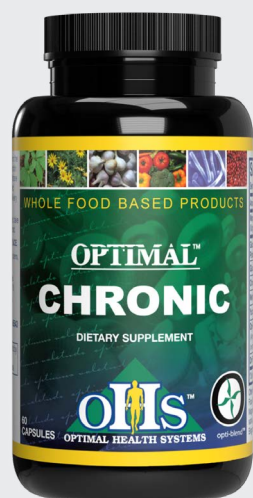
- Protein Source for Muscles
- Healthy Hair
- Healthy Skin
- Healthy Nails
- Healthy Protein Source
- Healthy Protein Source for Baking

Supplement Facts

Amount Per Serving	Serving Size: 25.5 grams (1 scoop)	
	% Daily Value	
Calories	100	
Total Fat	1.5g	3%*
Saturated Fat	0g	0%*
Cholesterol	3mg	1%*
Total Carbohydrate	1g	1%*
Dietary Fiber	0g	0%*
Total Sugars	0g	0%*
Added Sugars	0g	0%*
Protein	20g	40%*
Calcium	77mg	9%*
Iron	0.2mg	**
Phosphorus	48g	7%*
Sodium	92mg	4%*
Potassium	72mg	3%*

*Percent Daily Value based on a 2000 calorie diet
**% Daily Value (DV) not established

Ingredients: GRASS-FED Whey Protein Isolate, Collagen Peptides, Organic High Oleic Sunflower Oil Powder, Natural Flavors, Sodium Chloride, Xanthan Gum, Stevia Leaf Extract
Proprietary Enzyme Blend: (Amylases, Lactase, Proteases, Lipase, Cellulase), Monk Fruit Extract.



Optimal Chronic

Powerful Nutrients for Healthy Joint Support

Nutritionally fights joint pain, "old" injuries, and other chronic conditions. Nutritionally supports the rebuilding of joint tissue with predigested glucosamine, chondroitin & yucca.

\$32.00 - 60 capsules

SUGGESTED NUTRITIONAL SUPPORT

- Osteo & Rheumatoid Arthritis
- Joint Pain, Injury
- Disc Degeneration
- Back Pain, Injury
- Excessive Exercise
- Fibromyalgia

Supplement Facts

Amount Per Serving	Serving Size: 1 Capsule	
	Servings Per Container 60	
	% Daily Value	
Manganese (Manganese Bisglycinate Chelate)	10 mg	435%
Glucosamine Sulfate	450 mg	**
Potassium 2KCL Powder		
Glucosamine HCL Powder	250 mg	**
Chondroitin Sulfate (Bovine) Powder	50 mg	**
Methyl-Sulfonyl-Methane Powder	50 mg	**
Yucca Root (Yucca schidigera)	20 mg	**
Opti-Blend^a Delivery System (Amylase, Protease, Serratiopeptidase, Lipase, Invertase, Cellulase, Lactase, Diastase, Phytase)	5 mg	**
Molasses	5 mg	**

**Daily Value not established.

Other ingredients: Gelatin (Capsules), Rice Flour (Oryza sativa), Silicon Dioxide, Plant Based Magnesium Stearate, Rice Hulls (Oryza sativa), Zinc Bisglycinate Chelate, Copper Bisglycinate Chelate.
Glucosamine derived from shell of shellfish.



Optimal LeanClean Protein - Lava Cake

Pre-Digested and Grass-fed Whey Protein, Plus Collagen Peptides.

Lava Cake fills a special niche in our protein powder lineup. Complete Nutrition Plus specializes in hypoallergenic, vegetarian-friendly protein paired with healthy fats and carbs, and Complete Performance specializes in a balanced blend of macronutrients geared toward providing energy and helping build and repair muscle.

\$87.00 - 800 grams

SUGGESTED NUTRITIONAL SUPPORT

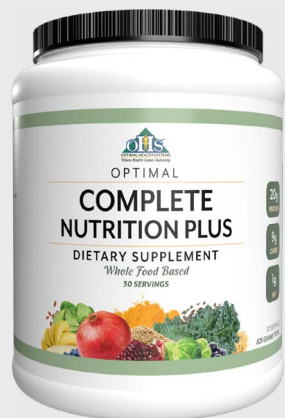
- Protein Source for Muscles
- Healthy Hair
- Healthy Skin
- Healthy Nails
- Healthy Protein Source
- Healthy Protein Source for Baking

Supplement Facts

Amount Per Serving	Serving Size 1 Scoop (22.5g per scoop)	
	Servings Per Container 30	
	% Daily Value	
Calories	90	
Total Fat	1 g	**
Saturated Fat	0 g	**
Trans Fat	0 g	**
Cholesterol	2 mg	**
Total Carbohydrate	2 g	**
Dietary Fiber	1 g	**
Total Sugars	0 g	**
Includes 0g Added Sugars	0 g	**
Protein	20 g	**
Calcium	82 mg	6%
Iron	1.46 mg	8%
Chloride	27 mg	1%
Sodium	75 mg	**
Potassium	140 mg	3%

*Percent Daily Value based on a 2000 calorie diet
**% Daily Value (DV) not established

Ingredients: Grass-Fed Whey Protein Isolate, Hydrolyzed Collagen, Cocoa Powder, High Oleic Sunflower Oil (tapioca Starch, Tapioca Dextrin, Natural Flavors, D-Alpha Tocopherols), Natural Flavors, Stevia Leaf Extract, Sunflower Lecithin, Xanthan Gum, Sodium Chloride, Monk Fruit Extract, **Digestive Enzyme Blend:** Amylases, Lactase, Proteases, Lipase, Cellulase (DigeSEB®).



Optimal Complete Nutrition Plus

Purest, Cleanest Blend of Macronutrients we Make

A hypoallergenic, high-protein, and vegetarian-friendly powder that is free of gluten, dairy, and soy, and contains no GMOs. The eight most common allergens are milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans. Complete Nutrition Plus™ contains none of these. This formula also contains a high dosage of antioxidants proven to neutralize all five disease-causing free radicals, making it the most potent vegetarian friendly powder available.

\$90.00 - 900 grams

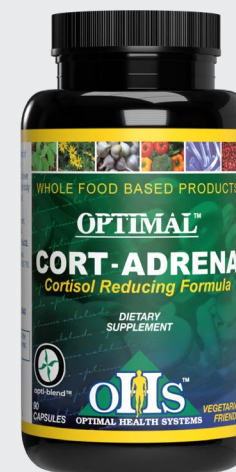
Supplement Facts	
Serving Size 1 Scoop	Servings Per Container 30
Amount Per Serving	
Calories	125
Calories from Fat	9
Total Fat	1 g
Saturated Fat	0
Cholesterol	0
Total Carbohydrate	9 g
Dietary Fiber	2 g
Sugars	<1 g
Protein	20 g

Naturally occurring raw plant enzymes for pre-digestion and cellular delivery.

INGREDIENT LIST: Brown Rice Protein, Banana, Apple Fiber, Carrot Fiber, Amaranth, Millet, Quinoa, Buckwheat, Flaxseed, Vanilla Flavor, Spinach, Blueberry Fiber, Cranberry Fiber, Mango, Pineapple, Stevia Extract, Chia, Carrot, Green Coffee Bean Extract, Green Tea Extract, Broccoli Sprout, Onion Extract, Apple Extract, Quercetin Extract, Silica, Tomato, Broccoli, Carrot, Camu Camu Juice Concentrate, Acerola Juice Concentrate, Acai, Basil, Garlic, Oregano, Turmeric, Cinnamon, Elderberry, Mangosteen, Black Currant Extract, Blueberry Extract, Sweet Cherry, Raspberry, Chokeberry, Blackberry, Kale, Beet Juice, Daikon Radish Sprout, Alfalfa Sprout, Sunflower Lecithin, Bilberry Extract, Brussels Sprout.

SUGGESTED NUTRITIONAL SUPPORT

- Healthy Snack
- Esophageal Disorders
- Weight Gain/Loss (*weight control*)
- Vegetarian Protein Source
- Meal or Snack Substitute for Adults or Children



Optimal Cort-Adrena

Healthy Adrenal and Stress Support

Are you feeling sluggish and dependent on stimulants to maintain energy? Loading your system up with key ingredients, like ashwagandha, panax ginseng, and more, may be all you need to help with cortisol levels, reset your adrenal glands, and maintain abundant energy throughout the day. Our formula uses organic minerals and digestive enzymes, nutritionally making it even more powerful through pre-digestion.

\$32.00 - 90 capsules

SUGGESTED NUTRITIONAL SUPPORT

- Energy
- Emotional Stress
- Physical Stress
- Low Blood Pressure
- Chronic Fatigue Syndrome
- Overuse of Coffee/Caffeine/Sodas, etc.
- Fatigue
- Adrenal Dysfunction
- Hypothyroid
- Fibromyalgia

Supplement Facts		
Serving Size: 2 Capsules/Servings Per Container: 45	Amount Per Serving	% Daily Value
Vitamin C (whole food cultured media)†	175 mg	292%
Vitamin B2 - Riboflavin (whole food cultured media)†	15 mg	882%
Vitamin B3 - Niacin (whole food cultured media)†	15 mg	75%
Vitamin B6 - Pyridoxine (whole food cultured media)†	10 mg	500%
Vitamin B5 - Pantothenic Acid (whole food cultured media)†	105 mg	1050%
Magnesium (Magnesium Bisglycinate)**	45 mg	11%
Zinc (Zinc Bisglycinate)**	5 mg	33%
Chromium (Chromium Nicotinate Glycinate)**	50 mcg	143%
Lemon Bioflavonoids (Citrus x Limon) (Fruit Peel)	225 mg	***
L-Tyrosine	175 mg	***
Parotid (from bovine) (Argentina) Predigested	80 mg	***
Thymus (from bovine) (Argentina) Predigested	70 mg	***
Chlorella (Chlorella Pyrenoidosa) (Broken Cell)	50 mg	***
Adrenal Gland (from bovine) (Argentina) Predigested	25 mg	***
Rhodiola (Rhodiola Rosea) (Root)	25 mg	***
Spleen (from bovine) (Argentina) Predigested	20 mg	***
Grape Extract (Vitis Vinifera) (Seed) (95% Proanthocyanidins)	1 mg	***
† Whole Food Cultured Media Blend:	341 mg	***
Yeast, Pea Protein, Organic Vegetable Blend: Oat Bran, Red Pepper, Carrot, Broccoli, Cucumber, Beet, Okra, Wild Yam, Organic Fruit Blend: Wild Blueberry, Apple, Raspberry, Strawberry, Cranberry, Grape, Orange, Raspberry Seed, Blackberry, Bilberry, Tart Cherry, Cinnamon, Pomegranate, Black Currant, Probiotics: Lactobacillus Plantarum, DDS-1™ L. Acidophilus***, Bacillus Coagulans, Bifidobacterium Bifidum, B. Lactis, L. Bulgaricus, L. Salivarius, Enterococcus Faecium, Streptococcus Thermophilus.		
*Opti Blend™ Delivery System: Amylase, Protease I, Protease II, Peptizyme SP-Serrapeptase, Lipase, Invertase, Cellulase, Lactase, Phytase, Patented Organic Zinc**, Patented Organic Copper**, Patented Organic Manganese** and molasses.	5 mg	***

***Daily Value not established.

Other ingredients: Rice Flour, Beet Fiber, Plant Based Magnesium Stearate, Silica, Lemongrass, Potassium (Potassium Glycinate Complex)**



Optimal Complete Performance

Complete, Balanced Protein Powder

This is a balanced protein powder complete with vitamins and minerals. By utilizing the most nutrient-dense forms of proteins, carbs, and fats available, we ensure you will have all the nutrients needed to restore energy and help create lean, calorie-burning muscle. This is the popular formula many professional athletes and teams use.

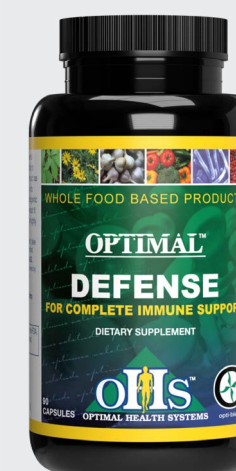
(Chocolate or Vanilla)

\$90.00 - 1500 grams

Supplement Facts		Supplement Facts Continued	
Serving Size: 50 grams (2 scoops)	% Daily Value	Servings Per Container: 30	
Amount Per Serving		Amount Per Serving	% Daily Value
Calories	200	B7 Biotin (whole food cultured*)	300 mcg 100%
Calories from Fat	34	B5 Pantothenate Acid (whole food cultured*)	10 mg 100%
Total Fat	4 g 6%	Calcium (as Calcium Bisglycinate)	231 mg 23%
Saturated Fat	2 g 10%	Iodine (as Potassium Iodide)	150 mcg 100%
Total Carbohydrate	24 g 9%	Magnesium (as Oxide and Magnesium Bisglycinate)	56 mg 14%
Dietary Fiber	2 g 10%	Selenium (as Selenium Glycinate Complex)	70 mcg 100%
Sugars (natural)	12 g **	Copper (as Copper Bisglycinate)	2 mg 100%
Sodium	300 mg 13%	Chromium (as Chromium Nicotinate Glycinate)	120 mcg 342%
Protein	20 g 40%	Manganese (as Manganese Bisglycinate)	2 mg 100%
Vitamin A (whole food cultured*)	5000 IU 100%	Molybdenum (as Molybdenum Glycinate)	75 mcg 100%
Vitamin C (whole food cultured*)	60 mg 100%	Opti-Blend™ Delivery System	10 mg **
Vitamin D3 (whole food cultured*)	400 IU 100%	(Amylase, Protease I, Protease II, Peptizyme SP, Lipase, Invertase, Cellulase, Lactase, Maltase, Phytase, Patented Organic Zinc, Patented Organic Copper, Patented Organic Manganese, Molasses)	
Vitamin E (whole food cultured*)	30 IU 100%		
Vitamin K (whole food cultured*)	80 mcg 100%		
B1 Thiamine (whole food cultured*)	1.5 mg 100%		
B2 Riboflavin (whole food cultured*)	1.7 mg 100%		
B3 Niacin (whole food cultured*)	20 mg 100%		
B6 Pyridoxine (whole food cultured*)	2 mg 100%		
B9 Folic Acid as Folate	400 mcg 100%		

SUGGESTED NUTRITIONAL SUPPORT

- Immediately Before or After Workout to Ensure the Best Possible Results
- To Supplement Diets Lacking Proper Protein Intake
- For a High Protein Snack
- A Great-tasting Replacement for Junk Food



Optimal Defense

Complete Immune Support

Our immune system is bombarded by pathogens every day. Give your system the boost it needs with the most powerful and effective immune-supporting ingredients. Over 25 nutrients proven to support a healthy immune system.

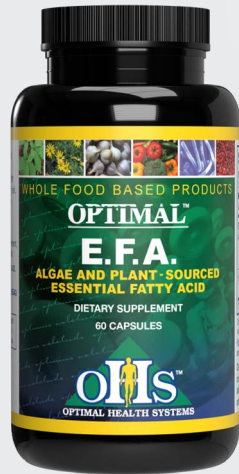
\$37.00 - 90 capsules

SUGGESTED NUTRITIONAL SUPPORT

- Immune Support
- Candida
- Colds, Flu, Infections
- AIDS, HIV
- Alternative Nutritional Support for the Prevention of Infectious Disease

Supplement Facts		
Serving Size: 4 Capsules	Servings Per Container: 22	
Amount Per Serving		% Daily Value
Colostrum (Milk) (10% IgG)	300 mg	*
Proprietary Probiotic Blend (Lactobacillus acidophilus ***DDS-1 [®] , B. coagulans, Lactobacillus bulgaricus, Bifidobacterium bifidum, L. salivarius, Lactococcus Lactis, Streptococcus Thermophilus, Bifidobacterium Lactis).	4.5 Billion CFU 300 mg	*
Echinacea purpurea	150 mg	*
MGG (Magnesium Glycinate Glutamine)	75 mg	*
Astragalus (root) (Astragalus membranaceus)	75 mg	*
Beta Glucan 80%	15 mg	*
Proprietary Immune Complex: Anise Seed (Pimpinella anisum), Elderberry Extract (Sambucus nigra), Camellia sinensis, Maitake Mushroom (Grifola frondosa), Olive Leaf Extract (Olea europaea), Oregano Leaf (Origanum vulgare), Shitake Mushroom (Lentinula edodes), Turmeric Root (Curcuma longa), Licorice DGL (Glycyrrhiza glabra), Lemon Balm Extract (Melissa officinalis).	261 mg	*
Opti-Blend [®] Delivery System (Amylase, Protease, Serratia Peptidase, Lipase, Invertase, Cellulase, Lactase, Diastase, Phytase.	20 mg	*
Molasses	5 mg	*

*Daily Value not established.
Other ingredients: Rice Flour (Oryza Sativa), Hypromellose (Capsule), Rice Hull Concentrate (Oryza Sativa), Plant Based Magnesium Stearate, Patented Organic Zinc, Copper and Manganese .



Optimal E.F.A.

Safe, Effective E.F.A.s Without the Risk of Mercury

These are essential fatty acids that support cardiovascular, brain, and eye health. EFAs help with the delivery of micronutrients. We do NOT use fish oil; we get our EFAs from algae, flax seed, and borage oils. You actually get more omega-3s from algae than you do from fish or krill. The latter two eat algae, which is how they get their omega-3s in the first place.

\$34.00 - 60 capsules

SUGGESTED NUTRITIONAL SUPPORT

- Essential Fatty Acid Source
- Weight Stabilization
- Pregnancy
- Degenerative Diseases
- Nervous System Disorders
- Brain Function

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size: 2 Capsules	Servings Per Container: 30
Stabilized Fatty Acid Blend <i>Borage Oil, Flaxseed Oil, and Algae Oil</i>	1000 mg **
Vitamin E <i>From Oils</i>	10 IU 45%

**Daily Value not established.

Other ingredients: gelatin, glycerin, and purified water.

Patented sealing technology protects the sensitive oils.

Omega 3 Fatty Acids from Algae containing 40% DHA and 25% EPA along with ALA (alpha-linolenic acid) and GLA (gamma-linolenic acid)



Optimal Flora Plus

Patented, Stabilized and Acid Resistant Probiotics

Your bowel needs many different flora to function properly. Optimal Flora Plus™ stands out from the rest by providing nine patented, stabilized and acid resistant probiotics the body uses to support immunity and health.

\$32.00 - 90 capsules

SUGGESTED NUTRITIONAL SUPPORT

- Digestion
- Acid Reflux
- All Digestive Disorders
- Poor Circulation
- Chronic Pulmonary Disorders
- Bloating
- Gas
- Flu
- Allergies
- Colds
- Flu
- Asthma

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size: 2 Capsules	Servings Per Container: 45
Optimal Flora Blend <i>(Lactobacillus acidophilus DDS-1^a, Bacillus coagulans, Lactobacillus bulgaricus, Bifidobacterium bifidum, Lactobacillus salivarius, Lactococcus lactis, Streptococcus thermophilus, Bifidobacterium lactis)</i>	170 mg/ 2.5 billion CFU **
Jerusalem Artichoke	50 mg **
Opti-Blend[®] Delivery System <i>(Amylase, Protease I, Protease II, Serratia Peptidase, Lipase, Invertase, Diastase, Cellulase, Lactase, Phytase, Molasses)</i>	20 mg **

**Daily Value not established.

Other Ingredients: Rice Flour (Oryza Sativa), Hypromellose (Vegetable Capsule), Rice Hull Concentrate (Oryza Sativa), Plant Based Magnesium Stearate. Patented Organic Zinc, Copper, Manganese.



Optimal Fat • Sugar • Trim

Digest Fat and Nutritionally Supports Sugar Levels

Otherwise known as the metabolism formula, it effectively help digest fats and sugars, and gives your body the nutrients it needs to metabolize them as energy, instead of being stored as fat. This formula also utilizes ingredients, like cinnamon and patented chromium, to aid with blood sugar.

\$34.00 - 90 capsules

SUGGESTED NUTRITIONAL SUPPORT

- High Cholesterol
- Heart Disease
- High Blood Sugar
- Sugar Cravings
- Fat Cravings
- Curb Appetite
- Hypoglycemia
- Hyperglycemia
- Stroke
- Diabetes

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size: 3 Capsules	Servings Per Container: 30
Selenium (Selenium Glycinate)†	45 mcg 82%
Copper (Copper Bisglycinate)†	75 mcg 8%
Chromium (Chromium Nicotinate Glycinate)††	100 mcg 286%
Lipase (Aspergillus Niger)	9 mg / 574 LU **
Garlic Bulb (odorless) (Allium sativum)	150 mg **
Turmeric Root (Curcuma longa)	60 mg **
PROPRIETARY BLEND <i>Garcinia Cambogia Extract, Cinnamon Bark (Cinnamomum Verum), Raspberry Ketone, Rhodiola Crenulata Root Extract, Konjac Glucomannan Powder.</i>	75 mg **
Opti-Blend™ Delivery System <i>Amylase, Protease, Protease, Serratia Peptidase, Lipase, Invertase, Cellulase, Lactase, Diastase, Phytase.</i>	30 mg **
Molasses	15 mg **

**Daily Value not established.

Other Ingredients: Rice Flour (Oryza Sativa), Hypromellose (capsule), Rice Hulls (Oryza Sativa), Plant-Based Magnesium Stearate, Zinc (Bisglycinate Chelate)†, Manganese (Bisglycinate Chelate)†.



Great Anti-Aging Formula!

Optimal Fruit & Veggie Plus

20,000 Antioxidant Units Per Serving

This is the most potent antioxidant and phytonutrient powder available. Antioxidants fight free radicals, which are unbalanced molecules that cause all sorts of damage, until antioxidants step in and balance them out. There are five major types of free radicals, and this formula balances all of them.

\$90.00 - 30 servings

SUGGESTED NUTRITIONAL SUPPORT

- 100% Raw Fruit & Vegetable Source
- Degenerative Diseases
- Metabolic Disorders
- Phytonutrient Source
- Healthy Snack
- Antioxidant Source
- Systemic Inflammation
- Improve Taste of Other Powders

INGREDIENTS:

RAW FREEZE DRIED:

Banana, Pineapple, Strawberry, Noni, C. Berry, Broccoli Sprouts, Acerola Cherry, Camu Camu, Tomato, Broccoli, Carrot, Acai, Mangosteen, Spinach, Kale, Brussels Sprouts, Elderberry, Sweet Cherry, Blackberry, Chokeyberry and Raspberry.

ORGANIC JUICES:

Organic Raspberry, Organic Cranberry, Organic Strawberry, Organic Blackberry, Organic Carrot, Organic Blueberry, Organic Pomegranate, Organic Acai, Organic Cherry and Organic Watermelon.

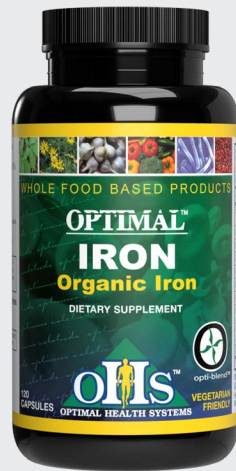
HERBS and EXTRACTS:

Camellia Sinensis, Onion, Red Apple, Quercetin, Organic Turmeric, Garlic, Basil, Oregano, Cinnamon, Black Currant, Blueberry.

FLAVORINGS:

Natural Banana, Pineapple, Stevia Plant, Xylitol (natural polyol) and Fruit Citric Acid.

Sub Ingredients: less than 1% for flow and stabilization of organic and natural maltodextrin and natural silica.



Optimal Iron

Organic, Highly Absorbable Source of Iron

Iron is a mineral that is essential for health. Optimal Iron contains the only patented form of iron in a blend proven to be assimilated 400% more than other iron supplements.

\$32.00 - 120 capsules

SUGGESTED NUTRITIONAL SUPPORT

- Low Iron, Anemia
- Blood Disorders
- Poor Circulation
- Pregnancy
- Vegetarians
- Excessive Exercise
- Excessive Menstruation
- Increase Fat Metabolism

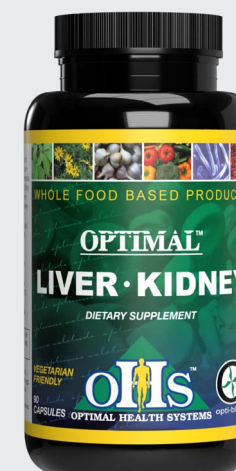
Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 120

Amount Per Serving		% Daily Value
B9-Folate (as L-5-MethyltetrahydroFolate)	200 mcg	50%
B12 (as Methylcobalamin)	6 mcg	250%
Iron (Iron Glycinate)	20 mg	111%
Zinc (Zinc Bisglycinate)	460 mcg	4.18%
Acerola Cherry Juice	10 mg	*
Brewers Yeast	10 mg	*
Carrot Powder	10 mg	*
Opti-Blend[®] Delivery System 10 mg (Amylase, Protease I, Protease II, Peptizyme SP [®] , Lipase, Invertase, Cellulase, Lactase, Maltase, Phytase, Organic Zinc, Organic Copper, Organic Manganese and Molasses).		*

*Daily Value not established.

Other Ingredients: Rice Flour, Rice Hull Concentrate (Oryza Sativa), Plant Based Magnesium Stearate, Vegetable Capsule (plant cellulose and water).



Optimal Liver • Kidney

Nutrient Support for Detoxifying Organs

Your liver is responsible for over 600 functions. Support your body's detoxification system with nutrients, like milk thistle, dandelion, and barberry, proven to ensure normal clearance of toxins, as well as protect the liver.

\$32.00 - 90 capsules

SUGGESTED NUTRITIONAL SUPPORT

- Detoxification
- Chronic Alcohol Use
- Chronic Medication Use
- Cirrhosis, Hepatitis
- Chronic Drug Use
- High Cholesterol
- Liver/Kidney Concerns
- Constipation

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 45

Amount Per Serving		% Daily Value
Zinc (Zinc Bisglycinate)[†]	40 mg	363%
Copper (Copper Bisglycinate)[†]	50 mcg	5.55%
Milk Thistle (80% Silymarin UV vis.) Silybum marianum)	150 mg	*
Barberry Root Bark (Berberis vulgaris)	200 mg	*
Dandelion Root (Taraxacum officinale)	200 mg	*
Lipase (Aspergillus Niger)	200 LU	*
Opti-Blend[™] Delivery System 10 mg (Amylase, Protease I, Protease II, Serratia Peptidase, Lipase, Invertase, Cellulase, Lactase, Malt Diastase, Phytase).		*
Dri Flo Molasses	10 mg	*

*Daily Value not established.

Other ingredients: Rice Flour (Oryza Sativa), Hypromellose (Capsule), Rice Hull Concentrate (Oryza Sativa), Plant Based Magnesium Stearate. Patented Organic Manganese.



Optimal LipoLean CLA

Supports Fat Reduction Mass and Food Cravings

Optimal LipoLean CLA is pure CLA in a potency needed based on all the research. In order for it to be effective, research shows you need to take 4 grams per day for 12 weeks. Your body acclimates to it for the first four weeks, preparing your cells to package up excess fat and remove it from your body. The next 8 weeks your body steadily removes 4% body fat, based on the research on CLA.

\$70.00 - 360 capsules

SUGGESTED NUTRITIONAL SUPPORT

- Helps Increase Metabolic Rate
- Works on Stubborn Belly Fat
- Helps Slim Your Body
- Helps Healthy Dieting
- Helps Lower Cholesterol & Triglycerides

Supplement Facts

Serving Size: 4 Soft-gel Capsules
Servings Per Container: 90

Amount Per Serving		% Daily Value
Calories	40	
Calories from fat	40	
Total Fat	4g	8%**
CLA from Safflower (Carthamus Tinctorius) oil	4,000 mg	***
80% Conjugated Linoleic Acid (CLA)		

**Based on 2,000 calorie diet.

***Daily Value not established



Optimal Lightning Vita-Min Gummies

All the Daily Needs of Essential Vitamins and Minerals

This breakthrough powerful lightning-infused formula provides organic whole food vitamins and minerals in a delicious real food-flavored gummy without any highly processed ingredients, synthetics, or sugars. Finally, you are able to provide all the needed vitamins & minerals your body needs in a tasty, fun gummy. Over 50 organic nutrient-rich foods supply all the daily needs of vitamins and minerals for everyone, whether 2 years of age to 92.

\$48.00 - 90 gummies

SUGGESTED NUTRITIONAL SUPPORT

- Overall Health
- Immune Support
- Increase Vitality
- Anti-Aging Benefits
- Natural Antioxidant
- Blood Pressure Regulation

Supplement Facts

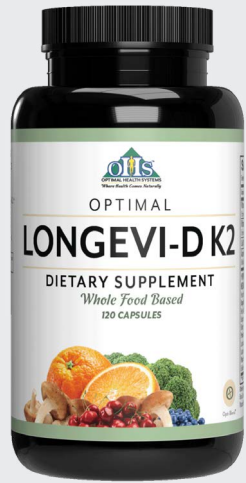
Serving Size: 3 Gummies (10g)
Servings Per Container: 30

Amount Per Serving		% Daily Value
Calories	23	*
Total Carbohydrate	5 g	2% ⁱ
Dietary Fiber	1 g	5% [†]
Total Sugars	3 g	*
Includes 2.7 g Added Sugars (from Organic Fruit)	3 g	5% [†]

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A	450 mcg RAE /1500 IU	50%	B6-Pyridoxine HCL 3.4 mg 200%
Vitamin C	90 mg	100%	B9-Folate 400 mcg DFE 100%
Vitamin D3	20 mcg/800 IU	100%	B12-Methylcobalamin 3.6 mcg 150%
Vitamin E	11.5 mg	80%	B7-Biotin 105 mcg 350%
Vitamin K	120 mcg	100%	B5-Pantothenic acid 4 mg 80%
B1-Thiamine	600 mcg	50%	Zinc 1.5 mg 15%
B2-Riboflavin	500 mcg	40%	Selenium 25 mcg 45%
B3-Niacin	8 mg	50%	Manganese 200 mcg 10%
			Chromium 35 mcg 100%

ⁱPercent Daily Values are based on a 2,000 calorie diet. [†]Daily value not established.

Organic Emblic (Amla, Phyllanthus Emblica) (fruit) Extract, Organic Sesbania Grandiflora (leaf), Organic Psidium Guajava (Guava fruit & leaf), Organic Ocimum Sanctum (Holy Basil leaf), Organic Beet Anatto (fruit & seed), Organic Lemon (peel), Organic Moringa Oleifera (Moringa leaf), Organic Beet (root), Organic Broccoli (stalk & flower), Organic Carrot (root), Organic Spinach (leaf), Organic Tomato (fruit), Organic Strawberry (fruit), Organic Cherry (fruit), Organic Blackberry (fruit), Organic Green Bell Pepper (fruit), Organic Brussels Sprout (leaf), Organic Ginger (root), Organic Blueberry (fruit), Organic Garlic (bulb), Organic Raspberry (fruit), Organic Parsley (leaf), Organic Cauliflower (flower & stem), Organic Red Cabbage (leaf), Organic Asparagus (flower & stem), Organic Celery (stalk), Organic Cucumber (gourd), Organic Kale (leaf), Organic Pacran[®] Whole Cranberry (fruit). **Blend:** Organic Apple (fruit, puree concentrate & juice concentrate), Organic Peach (fruit puree concentrate), Organic Tapioca Fiber, Pectin (from apples & oranges) Organic Cranberry Flavor, Organic Purple Carrot juice concentrate (for color), Organic Orange (peel), Organic Rice Meal and Organic Sunflower Oil (for coating)



Optimal Longevi-DK2

Whole Food Cultured Vitamin D with CoQ10, Ubiquinol, and Vitamin K2

A potent formula that incorporates three fat-soluble nutrients, CoQ10, vitamin D, and vitamin K2. These ingredients have been proven to increase longevity and lower the risk of many diseases. Hundreds of studies have established the importance of Vitamin D with health and longevity, as it supports bone, cardiovascular and mental health.

\$37.00 - 120 capsules

SUGGESTED NUTRITIONAL SUPPORT

- Pain Control
- Colds, Flu
- Immune Support
- Cardiovascular Health
- Musle, Bone Support
- Offset Low Sun Exposure
- Injury Healing

Supplement Facts

Amount Per Serving	% Daily Value
Vitamin D3 (Cholecalciferol) (from whole food cultured blend) [†]	4000 IU 500%
Vitamin K2 (menaquinone-7) (from whole food cultured blend) [†]	120 mcg 100%
CoQ10 (Ubiquinone) (Fermented)	30 mg *
Acerola Cherry Extract (Malpighia glabra) (fruit)	5 mg *
†PROPRIETARY WHOLE FOOD CULTURED MEDIA BLEND & OPTI-BLEND DELIVERY SYSTEM Yeast, Pea Protein. Vitamins: Vit D3 (Cholecalciferol), Vit K2 (Menaquinone-7). Organic Vegetable Blend: Oat Bran, Red Pepper, Carrot, Broccoli, Cucumber, Beet, Okra, Wild Yam. Organic Fruit Blend: Wild Blueberry, Apple, Raspberry, Strawberry, Cranberry, Grape, Orange, Raspberry Seed, Blackberry, Bilberry, Tart Cherry, Cinnamon, Pomegranate, Black Currant. Probiotics: L. Plantarum, Lactobacillus Acidophilus, Bacillus Coagulans, Lactobacillus bulgaricus, Bifidobacterium bifidum, Lactobacillus salivarius, Lactococcus lactis, Streptococcus Thermophilus, Bifidobacterium lactis. Plant Enzymes: Amylase, Protease, Peptizyme SP, Lipase, Invertase, Maltase, Cellulase, Lactase, Phytase.	64 mg *

Other ingredients: Rice Flour (Oryza sativa), Hypromellose (Capsules), Rice Bran Concentrate (Oryza Sativa), Vitamin B3 Niacinamide, Vitamin B5 D-Cal-Pant, Vitamin B6 Pyrodoxine HCL, Vitamin B9 Folic Acid, Silicon Dioxide.

Supplement Facts

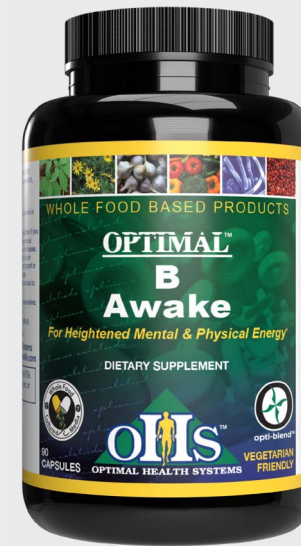
Amount Per Serving	% Daily Value
Magnesium Patented Organic Magnesium^{††††} Patented Magnesium from Magnapower ^{®††} , Patented Magnesium from Magnesium Glycyl Glutamine ^{††††} .	200 mg 47.6%
Creatine Creatine Monohydrate , Patented Magnesium Creatine ^{††} .	4000 mg *
Branch Chain Amino Acids Leucine, Iso-Leucine, Valine.	2000 mg *
Glutamine Patented Magnesium Glycyl Glutamine ^{††††} .	1000 mg *
Chromium As Chromium Polynicotinate , Chromium Nicotinate Glycinate ^{†††††} .	500 mcg 1428%
Whole Food Cultured Media: Saccharomyces Cerevisiae, Pea Protein.	130 mg *
Plant Enzymes: Amylase, Protease I, Protease II, Peptizyme SP [®] , Lipase, Invertase, Maltase, Cellulase, Lactase, Phytase.	
Stabilized Probiotics: Patented DDS-1 L. Acidophilus ^{††††††} , L. plantarum, Bacillus Coagulans, Lactobacillus bulgaricus, Bifidobacterium Bifidum, Lactobacillus Salivarius, Lactococcus Lactis, Streptococcus Thermophilus, Bifidobacterium lactis.	
Fruits/Vegetables/Whole Foods: Wild Blueberry, Apples, Cinnamon, Raspberry, Strawberry, Oat Bran, Red Bell Pepper, Carrot, Wild Bilberry, Tart Cherry, Raspberry Seed, Blackberry, Cranberry, Concord Grape, Orange, Pomegranate, Black Currant, Beet, Broccoli, Cucumber, Okra, Wild Yam.	

Other Ingredients: Rice Flour (Oryza Sativa), Rice Hull Concentrate (Oryza Sativa), Hypromellose (Capsule), Plant Based Magnesium Stearate, Silicon Dioxide.

\$70.00 - 300 capsules

SUGGESTED NUTRITIONAL SUPPORT

- Build Lean Muscle
- Delay Muscle Fatigue
- Spine Support
- Poor Circulation
- Lower Acidity Levels
- Athletic Performance
- Increase Anabolism Sarcopenia (age related muscle loss)



Optimal B Awake

Nutrients That Boost Mental and Physical Energy

This nutrient blend is a way to gain immediate energy through organic and wholesome nutrients. Research shows these ingredients are a great replacement for synthetic caffeine, and don't create mood swings or tax the adrenal glands. It's a big energy boost without the crash.

\$32.00 - 90 capsules

SUGGESTED NUTRITIONAL SUPPORT

- Increased Energy
- Mental Clarity
- Mental Focus
- Mental Focus
- Mood Enhancement

Amount Per Serving	% Daily Value
B1-Thiamin (whole food cultured media)	3 mg 250%
B2-Riboflavin (whole food cultured media)	3.4 mg 262%
B3-Niacin (whole food cultured media)	40 mg 250%
B6-Pyridoxine HCL (whole food cultured media)	4 mg 235%
B9-Folate (Folic Acid) (whole food cultured media)	400mcg 170%
B12-Methylcobalamin(whole food cultured media)	31 mcg 1291%
B7-Biotin (whole food cultured media)	300 mcg 1000%
B5-D-Calcium Pantothena (whole food cultured media)	20 mg 400%
Manganese (Manganese Bisglycinate)**	100 mcg 4%
Mental Clarity Blend: L-Taurine 98%, Green Tea Extract 50% Caffeine (Camellia sinensis), Ginkgo Biloba Leaf, DMAE L-Bitartrate (Dimethylethanolamine) 97%, Rhodiola Crenulata Extract, Choline Bitartrate (41% Choline), L-Tyrosine 98%, Yerba Mate Leaf (Ilex paraguariensis), Acetyl-L-Carnitine HCL ≥95%, Ginger Root (Zingiber officinale).	875 mg *
Whole Food Cultured Media/Opti-Blend[®] Delivery System: Yeast, Pea Protein. VITAMINS: B1 (Thiamine HCL), B2 (Riboflavin), B3 Niacin (niacinamide)65 (pyridoxine HCL), B9 Folate(Folic Acid), B12 (Methylcobalamin), B7 Biotin, B5 (D-Cal-Pant)	15 mg *
Fruits/Vegetables/Whole Foods: Wild Blueberry, Apple, Raspberry, Strawberry, Oat Bran, Cranberry, Grape, Orange, Raspberry Seed, Red Pepper, Carrot, Blackberry, Bilberry, Tart Cherry, Cinnamon, Broccoli, Cucumber, Pomegranate, Beet, Black Currant, Okra, Wild Yam.	
Stabilized Probiotics: L. Plantarum, Lactobacillus Acidophilus DDS-1 ^{†††††} , Bacillus Coagulans, Lactobacillus Bulgaricus, Bifidobacterium Bifidum, Lactobacillus Salivarius, Lactococcus Lactis, Streptococcus Thermophilus, Bifidobacterium Lactis.	
Plant Enzymes: Amylase, Protease I, Protease II, Serratia Peptidase, Lipase, Invertase, Cellulase, Lactase, Malt Diastase, Phytase.	
Molasses	5 mg *

[†]Daily Value not established.
Other ingredients: Hypromellose (Vegetable Capsule), White Rice Flour (Oryza Sativa), Plant Based Magnesium Stearate, Rice Hull Concentrate (Oryza Sativa), Zinc Bisglycinate Chelate^{**}, Copper Bisglycinate Chelate^{**}, Rice Maltodextrin.



Optimal Muscle RX

Proven Natural Muscle Aid Formula

Standing strong with US formula patent #5,888,553 and five other ingredient patents, it helps sustain and build lean muscle for anyone from professional athletes to people recovering from injuries. The ingredients truly serve the triple purpose of repairing, building, and retaining muscle for power and spine support especially for age related muscle loss (sarcopenia).

\$70.00 - 300 capsules

SUGGESTED NUTRITIONAL SUPPORT

- Build Lean Muscle
- Delay Muscle Fatigue
- Spine Support
- Poor Circulation
- Lower Acidity Levels
- Athletic Performance
- Increase Anabolism Sarcopenia (age related muscle loss)



Optimal Opti-Nitric

Natural Nitric Oxide Boost Helps Improve Cardiovascular and Overall Health

The most advanced formula combining L-arginine, ornithine, and citrulline to boost nitric oxide levels. Research has shown that arginine has boosted growth hormone during sleep & exercise.

\$34.00 - 90 capsules

SUGGESTED NUTRITIONAL SUPPORT

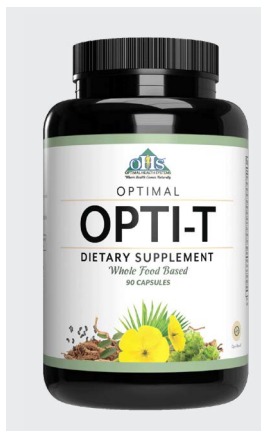
- Blood Pressure Regulation
- Heart Health
- Blood Vessels Flexibility
- Anti-Aging Benefits
- Improve Insulin Sensitivity

Supplement Facts

Amount Per Serving	% Daily Value
Amino Acid Blend:	1,400 mg **
A-AKG (arginine alpha-ketoglutarate and L-arginine), L-Citrulline (Citrulline and Citrulline Malate Extract) OKG (Ornithine alpha-ketoglutarate), Beta Alanine	

**Daily Value not established.

Other Ingredients: Celluloses and plant derived magnesium stearate.



Optimal Opti-T

Natural Testosterone Support for Men and Women

A blend of specific herbs and nutrients to naturally support higher testosterone levels, reproductive health, and aid circulation. Testosterone is the one thing your body naturally produces that controls how your body looks, burns fat, builds muscle, and your libido.

\$36.00 - 90 capsules

SUGGESTED NUTRITIONAL SUPPORT

- Balanced hormones
- Aids Circulation
- Enhances Memory

Supplement Facts		Serving Size: 3 Capsules	Servings Per Container: 30
Amount Per Serving		% Daily Value	
Vitamin B1 (as Thiamine HCL) (from whole food cultured blend)†	150 mcg	13%	
Vitamin B2 (as Riboflavin) (from whole food cultured blend)†	170 mcg	13%	
Vitamin B3 (as Niacinamide) (from whole food cultured blend)†	20 mg	125%	
Vitamin B6 (as Pyridoxine HCL) (from whole food cultured blend)†	2 mg	117%	
Vitamin B9 (as Folic Acid) (from whole food cultured blend)†	680 mcg	170%	
Vitamin B12 (as Methylcobalamin) (from whole food cultured blend)†	6 mcg	250%	
Biotin (from whole food cultured blend)†	300 mcg	1000%	
Vitamin B5 (as D-Cal Pantothenic Acid) (from whole food cultured blend)†	10 mg	200%	
Zinc (as Zinc Bisglycinate Chelate)††	7.5 mg	68%	
Selenium (Selenium Glycinate Complex)††	200 mcg	363%	
Copper (as Copper Bisglycinate Chelate)††	125 mcg	14%	
Manganese (as Manganese Bisglycinate Chelate)††	100 mcg	4%	
Boron (as Bororganic Glycine)	15 mg	**	
PROPRIETARY TESTOSTERONE ENHANCEMENT BLEND*:	685 mg	**	
Tribulus Terrestris Extract, L-arginine HCL 98%, Eurycoma longifolia root extract, Pygeum Africanum bark extract, Saw Palmetto fruit (Serenoa Repens).			
†PROPRIETARY WHOLE FOOD CULTURED MEDIA BLEND AND OPTI-BLEND DELIVERY SYSTEM	81 mg	**	
Molasses	15 mg	**	

**Daily Value not established.
Other ingredients: White Rice Flour (Oryza Sativa), Hypromellose (Vegetable Capsule), RiceHull Concentrate (Oryza Sativa), Plant Based Magnesium Stearate.



Optimal Sleep Gummies

Provides a Low Predigested Dose of Melatonin to Help You Fall Asleep Faster

Optimal Sleep Gummies contain the calming herb Passiflora Extract to help the body fall asleep and works synergistically with melatonin. Also contains Vitamin B6, an important component of normal brain development and in nervous system function.

\$40.00 - 30 Gummies

SUGGESTED NUTRITIONAL SUPPORT

- Maintain a Healthy Circadian Rhythm
- Balance Cortisol

Supplement Facts		Serving Size: 1 Piece	Servings Per Container: 30
Amount Per Serving		% Daily Value	
Calories	9.6		
Total Carbohydrates	2.4 g	1%	
Sodium (as Sodium Citrate)	3.6 mg	<1%	
Total Sugars	1.8 g	**	
Includes Added Sugars	1.8 g	4%	
Fat	0 g	0%	
Protein	0 g	0%	
Vitamin B6 (as Pyridoxine HCL)	2 mg	118%	
Passiflora Extract (Passiflora incarnata) (herb)	10 mg	**	
Melatonin	1 mg	**	

Percent Daily Value based on a 2000 calorie diet
**% Daily Value (DV) not established



Optimal OxyPure

Load with a Pure Oxygen Boost

An O4 molecule that's like compressed oxygen in liquid form that you take to help with oxygenation, thus keeping you healthy. Oxygen fights cold, flu, infection, rash, shingles, alkalization, candida, bug bites, athlete's foot, and more.

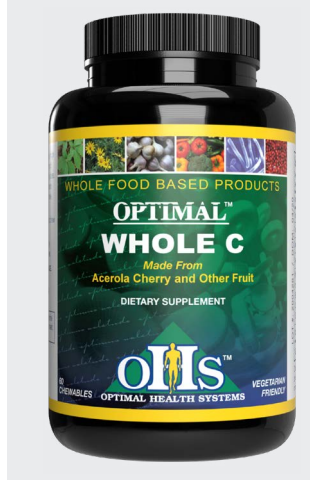
\$34.00 - 2 ounces

SUGGESTED NUTRITIONAL SUPPORT

- Colds, Flu, Infection
- Rash
- Shingles
- Alkalinization
- Immunity
- Candida
- Bug Bites
- Althese Feet
- Improved Aerobic Performance

Supplement Facts		Serving Size 15 Drops	Servings Per Container: 60
Amount Per Serving		% Daily Value	
Chloride	54.50 mg	1.75%	
Sodium	3.90 mg	.43%	
Chromium	.07 mcg	.04%	
Iodine	.07 mcg	.04%	

Oxy Pure** also contains trace amounts of carbon, calcium, copper, lithium, iron, magnesium, potassium, phosphorus, selenium, sulfur, silicon, cobalt and zinc.



Optimal Whole C

Complete Support for Immunity and Cardiovascular Integrity

Contains the highest potency of whole food vitamin C available. Derived from only fruits and vegetables, it ensures your body gets Vitamin C the way nature intended. This is the safest, most complete, and potent Vitamin C supplement we have ever developed.

\$24.00 - 60 Chewables

SUGGESTED NUTRITIONAL SUPPORT

- Strengthen Immune System
- Neutralize Free Radicals

Supplement Facts		Serving Size: 1 Chewable Tablet	Servings Per Container: 60
Amount Per Serving		% Daily Value	
Total Calories	3	<1%	
Total Carbohydrates	0.8 g		
Dietary Fiber	0 g	0%	
Sugars (from fruit)	1 mg		
Vitamin C (from Acerola Cherry Fruit ext., Black Currant Fruit powder, Orange Fruit Powder and Grapefruit Fruit powder)	166 mg	184%	
Citrus Bioflavonoids	25 mg	*	

*Daily Value not established.

Other ingredients: Natural cherry flavor, plant derived magnesium stearate, stearic acid, and microcrystalline cellulose.



Optimal Calm

Blend of Calming Herbs and Nutrients to Support Natural, Sound Sleep

Powerful calming nutrients to help calm your mind during times of high anxiety or stress. This allows you to stay in restful REM sleep for longer amounts of time.

\$36.00 - 90 capsules

SUGGESTED NUTRITIONAL SUPPORT

- ADHD
- High Anxiety
- Metabolism
- Weight Control
- Healthy Sleep Problems
- Deep Restorative Sleep

Supplement Facts		Serving Size: 3 Capsules	Servings Per Container: 30
Amount Per Serving		% Daily Value	
L-Tryptophan	300 mg	*	
Valerian Root Extract (Valeriana officinalis)	300 mg	*	
5-Hydroxytryptophan (Griffonia Seed)	75 mg	*	
Magnesium (Magnesium Aspartate)††	13.5 mg	3%	
Proprietary Sleep Blend:	240 mg	**	
Chamomile Flower (Matricaria chamomilla), Passion Flower (Passiflora incarnata), Lemon Balm Extract (Melissa officinalis), Hops Extract (Humulus lupulus)			
Zinc (Zinc Bisglycinate Chelate)††	1 mg	9%	
†WHOLE FOOD CULTURED MEDIA & OPTI-BLEND™ DELIVERY SYSTEM	40 mg	*	
Yeast, Pea Protein. Plant Enzymes: Amylase, Protease Blend, Peptizyme SP, Lipase, Invertase, Maltase, Cellulase, Lactase, Phytase.			
Stabilized Probiotics: DDS-1™ L. acidophilus***, L. plantarum, Bacillus coagulans, L. bulgaricus, Bifidobacterium bifidum, L. salivarius, L. lactis, Streptococcus thermophilus, Bifidobacterium lactis.			
Fruits/Vegetables/Whole Foods: Wild Blueberry, Apple, Raspberry, Strawberry, Oat Bran, Cranberry, Grape, Orange, Raspberry Seed, Red Pepper, Carrot, Blackberry, Bilberry, Tart Cherry, Cinnamon, Broccoli, Cucumber, Pomegranate, Beet, Black Currant, Okra, Wild Yam.			

**Daily Value not established.
Other ingredients: Hypromellose (Capsule), Rice Flour (Oryza Sativa), Rice Hull Concentrate (Oryza Sativa), Plant Based Magnesium Stearate, Manganese (Manganese Bisglycinate Chelate)††, Copper (Copper Bisglycinate Chelate)††, Silicon Dioxide.



Optimal Zinc-Oxy Spray

Nutritional Support for Immediate Nasal Relief and Viral Protection

Get an immediate dose of three key nutrients into your air passages for natural antimicrobial, antiviral, and oxygen booster. Providing relief from itchiness and inflammation while adding moisture.

Optimal Zinc-Oxy Spray creates a richly oxygenated environment harmful pathogens can't survive in. Oxygen helps protect you from anaerobic bacteria, viruses, yeast, fungus, mold, and parasites. This aerobic stabilized oxygen product can increase oxygen levels, something your body needs to nutritionally support your immune system to defeat these harmful invaders.

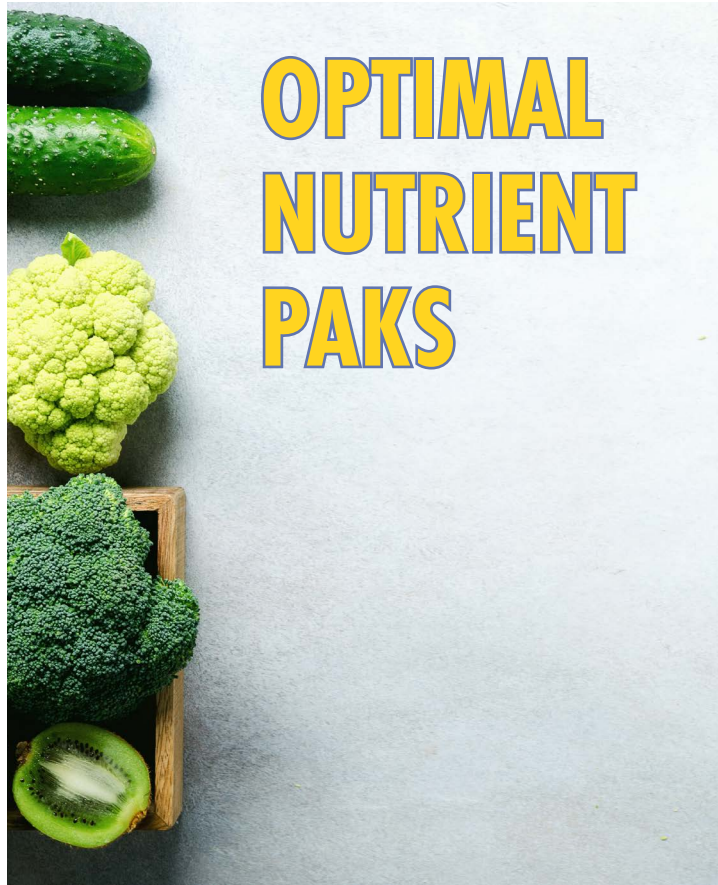
Active Ingredients: Sodium Chloride (Sea Salt) 0.65%

Other Ingredients:

Purified Water, Plant-Derived Zinc, ASO® (Activated Stabilized Oxygen).

SUGGESTED NUTRITIONAL SUPPORT

- Aids in the Restoration of Taste and Smell
- Boosts Oxygen Intake
- Strengthen Immune System



OPTIMAL NUTRIENT PAKS

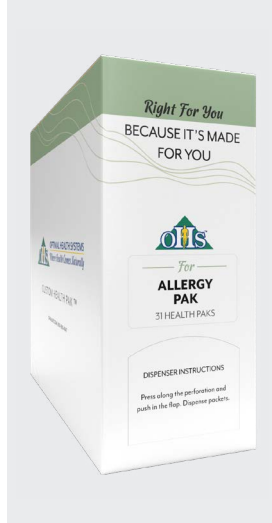
Allergy Pak

Help Your Body with Allergies so You can Enjoy Every Beautiful Day

Allergens themselves are not the issue, otherwise every person would suffer from seasonal allergies. The issue stems from the body not being able to break down and eliminate allergens. This Pak provides all the nutrients that research shows aids in this process.

Each packet contains:
1 Flora Plus,
2 EFA,
2 Opti-Mito-Force,
1 Acute

\$78.00 - 31 packets



Flora Blitz 100

Flora Blitz 100 delivers a surge of healthy bacteria to kill off the bad bacteria triggering the unhealthy cravings, along with creates a blank microbiome slate. This allows you to jump back on the healthy food wagon and give yourself a chance to develop permanent, healthy dietary habits.

Each packet contains:
5 High CFU Probiotics,
1 Flora Plus

\$78.00 - 31 packets

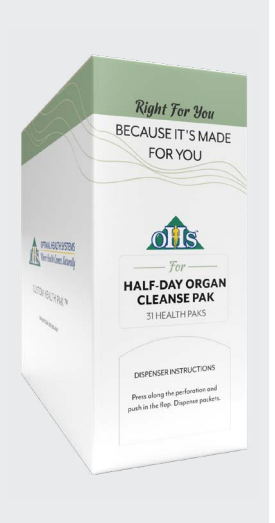


Half Day Organ Cleanse Pak

Originally created for our professional athlete clientele, this half-day cleanse has become a staple for all busy people. Some of the most common reasons for toxic buildup are the use of prescriptions and over-the-counter medications, carbonated beverages, smoking, stress, a diet high in fatty or fried foods, and simply living in polluted locations.

In just half a day with this cleanse, OHS will help you experience a holistic cleanse phenomena that many have said changed their life for the better. It has been reported to help with aches and pains, obesity, halitosis, gallstones, high cholesterol, and more. Although we do not make claims about the product.

\$66.00 - 20 packets



Brain Tap Pak

Tap into More of the Brain's Potential with Crucial Cognitive Performance Nutrients

This convenient Pak contains the most potent ingredients to enhance your concentration, memory, and mood. Formulated with research-proven nutrients to support the brain's ability to recognize and form neural connections, especially in response to learning and recovering from injury, as well help fight mental degeneration.

Each packet contains:
1 Opti-Brain,
1 Optimal EFA,
2 Optimal Whole Food Vitamin Mineral,
1 High CFU Probiotic,
1 Essential Shrooms,
1 Essential Protect

\$82.00 - 31 packets



Exposure Protection Pak

Fight Pathogens and Boost Immune Function

The Exposure Protection Pak delivers a pure, potent, predigested blend of vitamin D, probiotics, zinc, nitrates, natural antimicrobials, and more, giving your body the nutritional support research shows that can help nutritionally assist the body to defend and recover from virus attacks.

Each packet contains:
2 Whole Food Vitamin - Mineral,
1 Creatine-Nitrate,
1 High Potency Vitamin D3,
1 Protect,
1 Zinc,
1 High CFU Probiotic Blend

\$80.00 - 31 packets



Natural NSAIDs Pak

Naturally Reduce Pain and Inflammation

You can get true, healthy pain relief with nutrients like turmeric root, an anti-inflammatory enzyme blend, glucosamine and chondroitin. This pak naturally reduces pain and inflammation without stopping the natural healing process the way some drugs do. You can take them on a daily basis, along with taking an extra packet whenever the need arises.

Each packet contains:
2 Acute,
1 Chronic
1 EFA
3 Essential Protect (phytonutrients)

\$78.00 - 31 packets



Natural Z-Pak

A Massive, Fast-Acting Immune Boost

The Optimal Natural Z-Pak loads your bowels up with over 21 billion CFU (colonizing forming units) of flora, including our patented acid and heat-stabilized probiotics. This guarantees any bad bacteria that made it past your stomach are seriously outnumbered. With the microbial battle in the good guys' favor, your army of freindly flora can wipe out what's making you sick.

Each packet contains:
1 Adrenal,
1 Methyl-B,
1 Immune-VRL,
1 GI,
1 DAK1-K2,
1 Phytonutrients,
1 High CFU Probiotic Blend

\$82.00 - 31 packets



NOS Performance Paks

Boosts Circulation to Help Nutritionally Support Many Conditions Spawning from Poor Circulation

Designed to help you boost circulation to help nutritionally support many conditions ranging from Erectile Dysfunction, High Blood pressure, and cold hands & feet by providing the vitamins and minerals that may improve blood flow.

With all these nutrients combined, the NOS Paks will most certainly help improve restrictive blood flow conditions and get the blood pumping again. The NOS Performance Paks are the most potent and effective combination of nutrients for performance circulation needs available.

Each packet contains:
3 Opti-Nitric,
2 Creatine Nitrate,
1 High Potency Vitamin D,
1 Opti-Methyl-B,

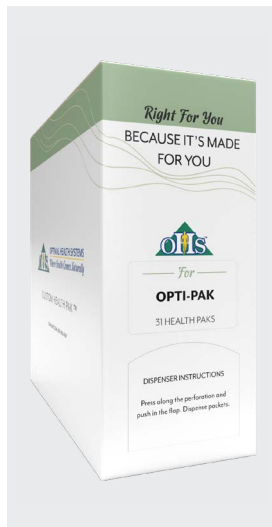


\$82.00 - 60 packets

Opti-Pak

This is your **BASIC DAILY DOSE** of vitamins, minerals, probiotics, enzymes, and omega-3s to promote healthy living. Five powerful products in one convenient package you can take on-the-go or at home.

Each packet contains:
2 Whole Food Vitamin • Mineral,
1 Digestion,
1 EFA,
1 Flora Plus,
1 High Potency Vitamin D



\$78.00 - 31 packets

Peptide Support Pak

Ultimate Pak for Supporting Peptide Protection and Production

The Peptide Support Pak combines all of the nutrients that research has shown is needed to support the production and protection of signaling peptides within the bloodstream. Methylated whole food vitamins, minerals, phytonutrients, herbs, probiotics and amino acids are in this pak in highly potent and patented absorbable forms.

MORNING:
1 EFA
1 Muscle Rx
1 Methyl B
1 DAK1K2
1 NADH
1 P-5-P
1 Resveratrol

EVENING:
1 Vitamin Mineral
1 EFA
1 Nitric
1 MitoForce
1 Protect
1 Zinc
1 High CFU Probiotic



\$100.00 - 60 packets

Pre-Conditioning Pak

The nutrients within these convenient packs have been proven to condition the body to successfully accept a wide range of treatments. Nutritionally enriching your body to provide an environment full of healthy vitamins, amino acids, minerals and be free of harmful toxins.

Each packet contains:
1 Essential Magnesium,
2 Longevi-D-K2,
1 Opti-Adrenal,
1 Opti-Iodine,
1 Opti-Mito-Force



\$78.00 - 31 packets

Optimal Health Pak

Restore your System with the Ultimate Stack of Over 100 Essential Nutrients per Packet

The research is solid on what the average American needs and what they're deficient in. This is the ultimate pak with everything possible in one pak. The healthy blend of whole food vitamins, organic minerals, essential fatty acids, stabilized probiotics, digestive plant enzymes, and organ-fortifying herbs can help reverse years of poor nutrition.

Each packet contains:
2 Whole Food Vitamin • Mineral,
1 Digestion,
1 EFA,
1 Longevi-D-K2
1 Arginine-N.O.
1 High CFU Probiotic

Recommended dose is 2 packets per day



\$113.00 - 31 packets

Optimal Soft Cleanse Pak

Many health professionals recommend a slow deep cleanse of all tissues, including the kidneys and liver. The Optimal Liver • Kidney Formula provides the herbs and nutrients proven to nutritionally support the cleansing of these organs. This pak contains all the nutrients needed for an effective cleanse. Take one packet morning and night for 1 month.

Each packet contains:
2 Opti-GI,
1 Liver • Kidney,
2 Flora Plus



\$99.00 - 60 packets

Stress/Anxiety Relief Pak

Many People Find Immediate Stress and Anxiety Relief Through Whole Food Nutrients

Stress can rob quality of life and health, shortening our lifespans and making us more prone to illness. We have spent years researching over 100 nutrients proven best at helping nutritionally support the body during times of stress and anxiety. You can find peace-of-mind with these nutrients.

Each packet contains:
1 Whole Food B Vitamin Blend,
1 Essential Magnesium,
1 Muscle Rx,
1 Cort-Adrena,
2 Calm,
1 High CFU Probiotic Blend



\$82.00 - 31 packets

Tru-Energy Pak

Preserve your Adrenal Glands AND Give Your Body all the Nutrients it Needs for Adrenal Support and Creating Energy at the Cellular Level

This nutrient combination provides energy and nutritional support for your adrenal glands, especially from past caffeine, sugar, and toxin abuse.

Each packet contains:
2 Muscle Rx,
1 Cort-Adrena,
1 Longevi-DK2,
2 B-Awake



\$108.00 - 60 packets

Optimal Female Balance Pak

Regain hormonal harmony by balancing estrogen and testosterone.

Beyond hormones, this nutrient combination targets every major bodily system from digestion to cardiovascular, brain, and even eye health so you can feel your absolute best.

Each packet contains:

- 1 Cort Adrena
- 1 EFA
- 1 Opti-T
- 1 Essential Control
- 1 NADH + DIM
- 1 Opti-Female
- 1 High CFU Probiotic

Recommended dose is 1 packets per day

\$78.00 - 31 packets



Optimal Male Balance Pak

Specially designed to meet men's unique nutritional needs

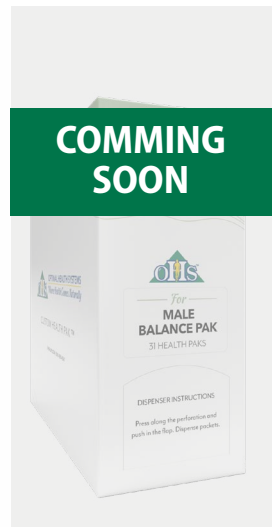
Male energy levels depend on hormones like testosterone as well as minerals like zinc, and nutrients like creatine nitrate that boost blood flow through the body.

Each packet contains:

- 1 Longevi-D-K2
- 1 EFA
- 2 Opti-T
- 1 NADH + DIM
- 1 Zinc
- 1 Crea-Nitric

Recommended dose is 1 packets per day

\$78.00 - 31 packets



Optimal Fasting Kit

Support for any fast, whether it's for 1, 2, or even 3 days

This blend of electrolytes helps keep cells hydrated and functioning throughout your fasting period. The Custom Pak saves patients money and keeps supplementing simple.

Antioxidants like glutathione aid in the cellular repair process that occurs during a fast.

Our blend of natural probiotics helps reset your gut microbial balance in the absence of food, so you'll be set for optimal digestion when your fast is complete.

\$40.00 - 1 kit



CUSTOM HEALTH PAKs

We have Paks that come in several supplement combinations but not everyone fits those molds. We have special machinery that allows health professionals to create individual custom Paks for special patient needs.

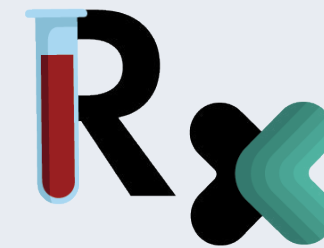
Health professionals decide exactly what combination a patient needs and fills out a simple form. We take that information and get to work, and the final product is completed with the patient's name on the box, along with all 31, 60, or 90 individual packages.

The Custom Pak saves patients money and keeps supplementing simple.

Call 1-800-890-4547 and create a custom pak today!

Prices range from:

**\$72.00 to
\$241.00**



Nutrients Rx Bloodwork & Questionnaire

Get Your Game-Changing Customized Nutrient Pak Program With Optimal Health Systems!

Nutrients Rx is a comprehensive and easy-to-use custom supplementation regimen based on your own blood work. We do lab tests to ensure your body gets the nutrients it needs, and we even keep track and make changes to your nutrient regimen as your life progresses and your body changes.

In your initial Nutrients Rx purchase, you will receive:

- Complete nutrient blood & lab panel
- Health questionnaire
- Custom and easy-to-understand Health Report based on blood and lab results
- 1st month's supply of custom whole food supplements (60 packets of 7 capsules) adjustable after every round of bloodwork and/or other testing
- Bottle of Optimal Digestion
- Automatic Customized Nutrient Pak subscription of only \$140 for your following monthly shipments
- Nutrients Rx Portal login to view objective improvements and changes tracked

\$140 for monthly Custom Paks

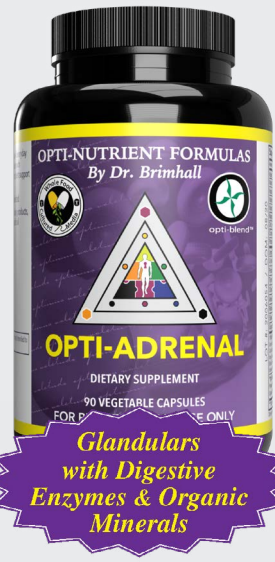
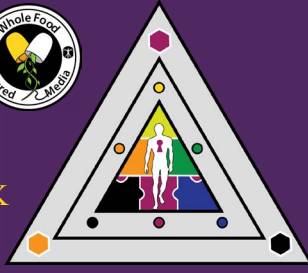
\$590 for initial sign up



Brimhall Wellness™

See Miracles Daily

Dr. John Brimhall, BA, BS, DC, FIAMA, DIBAK
Exclusive Line of Opti-Nutrients



Opti-Adrenal™

Adrenal Gland Support

A No.1-selling Dr. Brimhall formula for years, this synergistic blend of whole food nutrients and glandulars now has digestive enzymes and organic minerals to aid in digestion and provides the adrenal boost and support your body needs to have a healthy response to stress.

- ✓ Organic Whole Food
- ✓ High Potency
- ✓ Digestive Enzymes & Organic Minerals
- ✓ Better Absorption

\$36.00 - 90 capsules

Supplement Facts

Serving Size: 2 Capsules	Servings Per Container: 45	
Amount Per Serving	% Daily Value	
Vitamin C (Ascorbic Acid)	175 mg	194%
Vitamin B2 - Riboflavin (as R-5-P)	15 mg	1154%
Vitamin B3 - Niacin	15 mg	94%
Vitamin B6 - Pyridoxine (as P-5-P)	10 mg	588%
Vitamin B5 - Pantothenic Acid	105 mg	2100%
Magnesium (Magnesium Citrate)	45 mg	11%
Zinc (Zinc Glycinate Chelate)	5 mg	45%
Chromium (Amino Acid Chelate)	50 mcg	143%
Potassium (Potassium Glycinate Complex)	1 mg	.0212%
Citrus Bioflavonoids (Powder)	225 mg	***
L-Tyrosine	175 mg	***
Chlorella (Cracked Cell Wall Powder)	50 mg	***
Adrenal Gland (Powder) (from bovine) (Argentina) Predigested	25 mg	***
Rhodiola (Rhodiola Rosea Root Powder)	25 mg	***
Grape Seed Extract (4:1)	1 mg	***
Glandular Blend: Spleen (Bovine), Adrenal (Bovine), Thymus (Bovine), Pituitary (Bovine).	80 mg	***
Opti Blend™ Delivery System: Amylase, Protease, Peptidase, Lipase, Cellulase.	20 mg	*

Other ingredients: Rice Flour, Silicon Dioxide, Cellulose, Vegetarian Capsule.

"After only a few days I could definitely feel increased stamina from taking Opti-Adrenal™."
-Sherry Ellison

Opti-Brain

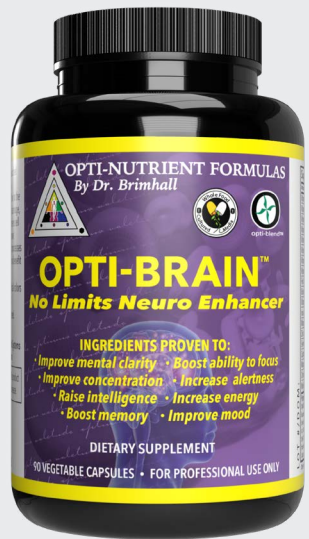
No Limits Neuro Enhancer

Break free of cognitive limits with the most potent nootropic ingredients and enhance your focus, concentration, memory, learning, and mood. We have closely analyzed over 60 years of neuroscience research and you reap the benefits.

Serving Size: 4 Capsules/Servings Per Container: 22	Amount Per Serving		% Daily Value
Vitamin A (as Beta Carotene) (whole food blend)	2400 IU		80%
Vitamin C (as Ascorbic Acid) (whole food blend)	125 mg		139%
Vitamin D3 (as cholecalciferol) (whole food blend)	100 IU		13%
Vitamin E (as DL-Alpha Tocopherol Acetate) (whole food blend)	15 IU		92%
Vitamin B1 (as Thiamine HCl) (whole food blend)	3 mg		250%
Vitamin B2 (Riboflavin) (whole food blend)	1.7 mg		131%
Vitamin B3 (Niacin) (whole food blend)	12.5 mg		78%
Vitamin B6 (as Pyridoxine HCl) (whole food blend)	12 mg		706%
Folic Acid (whole food blend)	400 mcg		100%
Biotin on Dicalcium Phosphate (whole food blend)	3 mcg		10%
Vitamin B5 (Pantothenic Acid) (whole food blend)	12 mg		240%
Iron (as Ferrous Fumarate) (whole food blend)	1 mg		6%
Magnesium (as Magnesium Oxide) (whole food blend)	50 mg		12%
Zinc (as Zinc Oxide) (whole food blend)	10 mg		91%
Selenium (as Amino Acid Chelate) (whole food blend)	50 mcg		91%
Copper (as Copper Gluconate) (whole food blend)	52 mcg		6%
Manganese (as Amino Acid Chelate) (whole food blend)	400 mcg		17%
Chromium (as Chromium Picolinate) (whole food blend)	12 mcg		34%
Molybdenum (as Sodium Molybdate) (whole food blend)	10 mcg		22%
Proprietary Neuro Enhancement Blend:	700 mg		**

Other ingredients: Cellulose (Vegetable Capsule), Rice Flour, Plant-Based Magnesium Stearate.

\$42.00 - 90 capsules



Opti-Female™

Balance Hormones & Produce Energy

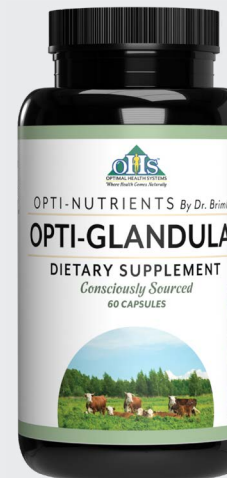
Opti-Female gives your body all the known researched nutrients that support hormonal balance, thus allowing your system to decide what it needs to use. It's become a huge relief for women across the nation. This formula contains comprehensive nutrients to nutritionally support the female reproductive system with predigested glandulars and the added benefit of whole food vitamin B complex.

\$36.00 - 90 capsules

Supplement Facts

Serving Size: 2 Capsules	Servings Per Container: 45	
Amount Per Serving	% Daily Value	
B1 - Thiamin (whole food cultured blend)	72 mcg	6%
B2 - Riboflavin (whole food cultured blend)	84 mcg	6%
B3 - Niacin (Niacinamide) (whole food cultured blend)	8 mg	53%
B6 - Pyridoxine (whole food cultured blend)	1 mg	57%
B9 - Folate (Folic Acid) (whole food cultured blend)	684 mcg	171%
B7 - Biotin (whole food cultured blend)	146 mcg	487%
B5 - Pantothenic Acid (whole food cultured blend)	500 mcg	10%
Uterus Powder (from bovine) (Argentina) Predigested	30 mg	**
Ovary Powder (from bovine) (Argentina) Predigested	30 mg	**
Pregnenolone	14 mg	**
PROPRIETARY FEMALE BLEND	540 mg	**
Dong Quai Root (Angelica sinensis), Wild Yam Root (Dioscorea villosa), Red Raspberry Leaf (Rubus idaeus), Eleuthero (Siberian Ginseng) (Flood), Chinese Tree Fruit (Elaeagnus castus), Sarsaparilla Root (Smilax medica), Damiana Leaf (Turnera diffusa), Licorice Root Extract (Glycyrrhiza glabra), Kelp Powder (Ascophyllum nodosum) (algae).		
PROPRIETARY WHOLE FOOD CULTURED MEDIA BLEND & OPTI-BLEND™ DELIVERE RY SYSTEM	56 mg	**
Yeast, Pea Protein, VITAMINS: B1-Thiamine, B2-Riboflavin, B3-Niacin, B6-Pyridoxine, B9-Folate (Folic Acid), B7-Biotin, B5-Pantothenic Acid, ORGANIC FRUIT & VEGETABLE BLEND: Wild Blueberry, Apple, Raspberry, Strawberry, Cat Bran, Cranberry, Grape, Orange, Raspberry Seed, Red Pepper, Carrot, Blackberry, Bilberry, Tart Cherry, Cinnamon, Broccoli, Cucumber, Pomegranate, Beet, Black Currant, Okra, and Wild Yam.		
PROBIOTICS: L. acidophilus DDS-1™, B. lactis, B. bifidum, L. helveticus, L. b. reiss, L. casei, L. rhamnosus, L. plantarum, L. salivarius, L. lactis. PLANT ENZYMES: Amylases, Proteases, Lipase, Cellulases.		

**Daily Value not established.
 Other ingredients: Plant Based Magnesium Stearate, Rice Flour, Cellulose Capsule.



Opti-Glandular™

Nutritionally Supports total Body Health

Glandular supplementation is a powerful way to naturally boost your body's own production of important hormones and enzymes. Opti-Glandular is made from the highest quality consciously-sourced ingredients and contains a full spectrum of hormones and enzymes to support total body health.

\$34.00 - 60 capsules

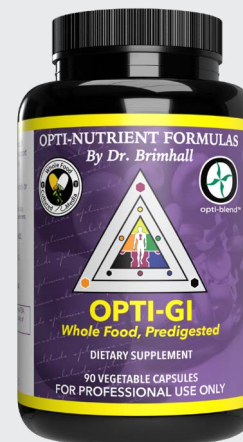
Supplement Facts

Serving Size: 2 Capsules	Servings Per Container: 30	
Amount Per Serving	% Daily Value	
Proprietary Glandular/Enzyme Blend (Predigested)	250 mg	**
Spleen (from Bovine) (Argentina)		
Adrenal Gland (from Bovine) (Argentina)		
Thymus (from Bovine) (Argentina)		
Pituitary (from Bovine) (Argentina)		
Enzyme Blend		
Amylase, Protease, Lipase, Cellulase		

**Daily value not established.

Contains trace amounts of: Duodenum (Bovine), Heart (Bovine), Kidney (Bovine), Lung (Bovine), Pancreas (Bovine), Parotid (Bovine), Thyroid (Bovine).

Other Ingredients: Gelatin Capsule, Plant Based Magnesium Stearate, Rice Flour.



Opti-GI™

Safe Nutritional Support for the GI

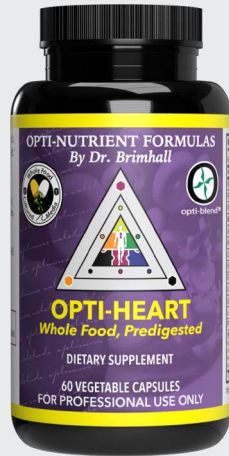
Contains a complementary blend of nutrients, herbs, and a pectin fiber blend to support the integrity, health, and metabolism of the gastrointestinal tract.

\$34.00 - 90 capsules

Serving Size: 2 Capsules	Servings Per Container: 45	
Amount Per Serving	% Daily Value	
Colostrum NLT 10%	100 mg	**
Immunoglobulin providing IgG, IgA, IgM, IgE, IgD.	(10 mg IGG)	
Optimal Cleanse Blend	850 mg	**
Psyllium Husk (Plantago ovata), Licorice Root DGL (Glycyrrhiza glabra), Ginkgo Biloba Leaf, Apple Pectin (Malus pumila), Grapefruit Pectin (Citrus paradisi), Chlorella (Cracked cell) (Chlorella vulgaris).		
Stabilized Glutamine***	20 mg	<1%
Magnesium Glycinate Glutamine Chelate		
Opti-Blend™ Delivery System	20 mg	**
Amylase, Proteases, Peptizyme SP, Lipase, Invertase, Maltase, Cellulase, Lactase, Phytase, and Molasses.		
Proprietary Whole Food Cultured Yeast Blend	10 mg	**
Yeast, Pea Protein, Fruit & Veggie Plus, Lactobacillus Acidophilus DDS-1™, L. Plantarum, Bacillus Coagulans, Lactobacillus Bulgaricus, Bifidobacterium Bifidum, Lactobacillus Salivarius, Lactococcus Lactis, Streptococcus Thermophilus, Bifidobacterium Lactis		

**Daily value not established. Milk

Other ingredients: Zinc Bisglycinate Chelate, Copper Bisglycinate Chelate, Manganese Bisglycinate Chelate, Rice Flour (Oryza sativa), Rice Hull Concentrate (Oryza sativa), Plant-Based Magnesium Stearate, Hypromellose (Vegetable Capsule).



Opti-Heart™

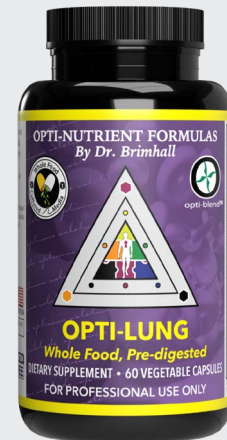
Nutritional Support for a Healthy Heart

Provides micronutrients, antioxidants, amino acids, herbs, and predigested glandulars to help support a healthy heart.

\$34.00 - 60 capsules

Supplement Facts		
Serving Size: 2 Capsules	Servings Per Container: 30	
Amount Per Serving		% Daily Value
Vitamin C	100 mg	111%
Vitamin E (as D-Alpha Tocopherol Succinate)	41 mg	273%
Vitamin B9-Folate	50 mcg	13%
Magnesium (Magnesium Citrate) ^{††}	20 mg	5%
Potassium (Glycinate Complex) ^{††}	20 mg	<1%
Heart (from bovine) (Argentina) Predigested ^{***}	100 mg*	*
Coenzyme Q10 (as Ubiquinone)	15 mg	**
Hawthorn Extract (Crataegus Oxyacantha) (Leaf and flower) 1.8% Vitexin	50 mg	**
Taurine	50 mg*	*
L-Arginine	50 mg*	*
L-Carnitine (as L-Carnitine Fumarate)	20 mg	**
Glandular/Enzyme Blend ^{***} (Proprietary) (Spleen Bovine, Adrenal Gland Bovine, Thymus Bovine, Pituitary Bovine, Enzyme Blend) Predigested ^{***}	100 mg	**

Other Ingredients: Magnesium Stearate, Cellulose, Silicon Dioxide, Rice Flour, Vegetarian Capsule.



Opti-Lung™

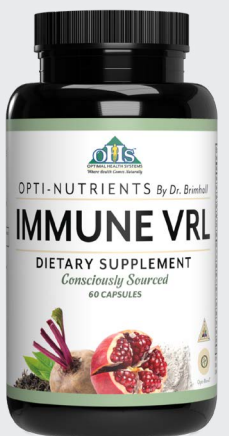
Nutritional Support for the Lungs

Provides a high level of beta-carotene, a combination of herbs, predigested glandulars, and other nutrients thought to work synergistically in the respiratory system and associated organs.

\$37.00 - 60 capsules

Supplement Facts		
Serving Size: 2 Capsules	Servings Per Container: 30	
Amount Per Serving		% Daily Value
Vitamin A (as Beta Carotene)	20 mg	222%
Vitamin B6 (as Pyridoxal-5-Phosphate)	9 mg	529%
Vitamin B6 (as Pyridoxine)	9 mg	529%
Calcium (as Citrate Malate) ^{†††}	16 mg	<1%
Iodine (Kelp)	40 mcg	27%
Magnesium (as Glycinate Chelate) ^{†††}	8 mg	2%
Manganese (as Manganese Bisglycinate) ^{†††}	3.6 mg	180%
Quercetin	500 mg*	*
Lung (from bovine) (Argentina) Predigested ^{***}	250 mg	**
Lotus (Nelumbo Nucifera) (Leaves)	50 mg*	*
Rutin (from Dimorphandra Gardneriana) (Bean)	30 mg	**
L-Tyrosine	25 mg*	*
Ginger (Zingiber Officinale) (Rhizomes)	25 mg	**
L-Cysteine HCl Monohydrate	20 mg*	*
Pleurisy Seed Extract (Asclepias Tuberosa) (Root)	20 mg*	*
Korean Ginseng (Panax Ginseng) (Root)	20 mg*	*
Glycine	10 mg*	*
Yellow Dock (Rumex Crispus) (Root)	5 mg*	*
Uva Ursi (Arctostaphylos Pingivalis) (Leaves)	5 mg	**
Black Cohosh (Caulophyllum Thalictroides) (Root)	5 mg*	*
Glandular/Enzyme Blend (Proprietary) (Spleen Bovine, Adrenal Gland Bovine, Thymus Bovine, Pituitary Bovine, Enzyme Blend) Predigested ^{***}	100 mg	**

Other Ingredients: Rice Flour, Magnesium Stearate.



Opti-Immune-VRL™

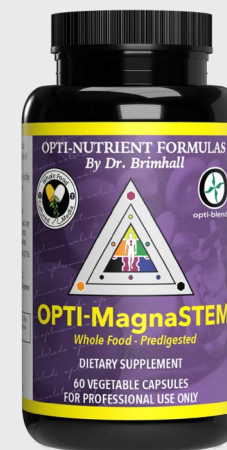
Immune System Support

A holistic blend of nutrients, herbs, and glandular aids that research shows support the bodies fight against viruses. It contains specific glandulars that help nourish the body that research shows has anti-viral properties, along with many plant herbs.

\$37.00 - 60 capsules

Supplement Facts		
Serving Size: 2 Capsules	Servings Per Container: 30	
Amount Per Serving		% Daily Value
Vitamin A (whole food cultured)	450 mcg RAE/1500 IU	50%
Vitamin C (whole food cultured)	100 mg	111%
Vitamin D3 (whole food cultured)	7.5 mcg/300 IU	38%
B6-Pyridoxine (whole food cultured)	20 mg	1176%
Magnesium (Magnesium Bisglycinate)	40 mg†	0%
Zinc (Zinc Bisglycinate)	16 mg	145%
Manganese (Manganese Bisglycinate)	4 mg	174%
VRL Blend: Lycopene, Green Tea Extract (Camellia sinensis (98% polyphenols, 80% catechins, 45% EGCG), Broccoli Extract 5% Glucoraphanin.	305 mg	**
Astragalus Root Powder (Astragalus membranaceus)	80 mg	**
Whole Glucan Particle (Beta-Glucan naturally derived from Saccharomyces cerevisiae)	50 mg	**
Pomegranate Extract (Punica granatum) (hull) (40% ellagic acid)	20 mg	**
Lymph Powder (from bovine) (Argentina) Predigested	20 mg	**
Spleen Powder (from bovine) (Argentina) Predigested	20 mg	**
Thymus Powder (from bovine) (Argentina) Predigested	20 mg	**
Parotid (from bovine) (Argentina) Predigested	20 mg	**
Opti-Blend [†] Delivery System	5 mg	**

Other ingredients: Gelatin Capsule, Microcrystalline Cellulose, Silicon Dioxide, Plant Based Magnesium Stearate, Calcium (Bisglycinate Chelate).



Opti-MagnaSTEM™

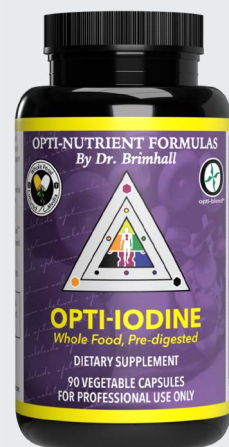
Nutritional Support for Stem Cells

MagnaSTEM's proprietary blend of all natural synergistic herbs, vitamins, minerals and plant extracts have been formulated to assist stem cells AND provide nutrients to support them to remain healthy and active.

\$42.00 - 60 capsules

Supplement Facts		
Serving Size: 2 Capsules	Servings Per Container: 30	
Amount Per Serving		% Daily Value
Vitamin D3 Cholecalciferol (whole food cultured media) ^{††}	25 mcg	125%
Kelp Powder (320 mcg Lithium Aspartate) (Ascophyllum Nodosum) (Algae) (whole food cultured media) ^{††}	1000 IU	***
Shiitake Mushroom (Lentinus Edodes) (whole food cultured media) ^{††}	50 mg	***
Quercetin Extract (Sophora Japonica) (Flower) (whole food cultured media) ^{††}	20 mg	***
Curcuminoids (19 mg) (From Turmeric Root Extract) (whole food cultured media) ^{††}	20 mg	***
Inositol (whole food cultured media) ^{††}	333 mcg	***
†Whole Food Cultured Media Blend	110 mg	***
Organic Vegetable Blend: Yeast, Pea, Oat Bran, Red Pepper, Carrot, Broccoli, Cucumber, Beet, Okra, Wild Yam.		
Organic Fruit Blend: Wild Blueberry, Apple, Raspberry, Strawberry, Cranberry, Grape, Orange, Raspberry Seed, Blackberry, Bilberry, Tart Cherry, Cinnamon, Pomegranate, Black Currant.		
Probiotics: L. Plantarum, DDS-1™ L. Acidophilus™, Bacillus coagulans, Lactobacillus bulgaricus, Bifidobacterium bifidum, Lactobacillus salivarius, Lactococcus lactis, Streptococcus thermophilus, Bifidobacterium lactis.		
Opti-Blend™ Delivery System: Amylase, Protease, Serralia Peptidase, Lipase, Invertase, Cellulase, Lactase, Diastase, Phytase.	10 mg	***
Molasses (whole food cultured media) ^{††}	10 mg	***

Other ingredients: Rice Flour (Oryza Sativa), Hypromellose (Capsule), Rice Hull Concentrate (Oryza Sativa), Plant Based Magnesium Stearate, Silicon Dioxide.



Opti-Iodine™

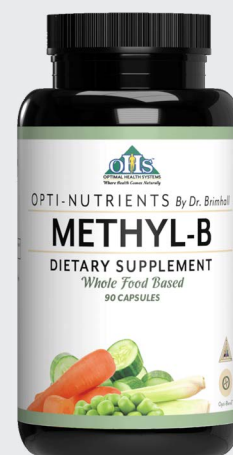
Support for Healthy Thyroid, Breast and Endocrine System

Provides whole food iodine support for thyroid hormone production, helping maintain metabolism. This exact combination of multiple forms of iodine has many times proven to be more beneficial than any other single form.

\$34.00 - 90 capsules

Supplement Facts		
Serving Size: 1 Capsule	Servings Per Container: 90	
Amount Per Serving		% Daily Value
Iodine/Iodide Blend: 20 mg (7.5mg Iodide/Iodine)		5,000%
Potassium Iodide 76%	10mg/7.6mg Iodide	
Kelp Iodine (2 to 5% iodine)	10mg/<1% Iodine	
(from Whole Food Cultured media) ^{††}		
Selenium (Selenium Glycinate Complex) [†]	25 mcg	45%
Molybdenum (Molybdenum Glycinate) [†]	25 mcg	55%
**PROPRIETARY WHOLE FOOD CULTURED MEDIA BLEND & OPTI-BLEND™ DELIVERY SYSTEM	20 mg	*
Yeast, Pea Protein, ORGANIC VEGETABLE BLEND: Oat Bran, Red Pepper, Carrot, Broccoli, Cucumber, Beet, Okra, Wild Yam.		
ORGANIC FRUIT BLEND: Wild Blueberry, Apple, Raspberry, Strawberry, Cranberry, Grape, Orange, Raspberry Seed, Blackberry, Bilberry, Tart Cherry, Cinnamon, Pomegranate, Black Currant.		
PLANT ENZYMES: Amylase, Protease, Peptzyme SP, Lipase, Invertase, Maltase, Cellulase, Lactase, Phytase, Molasses.		
PROBIOTICS: L. plantarum, Lactobacillus acidophilus DDS-1, B. coagulans, Lactobacillus bulgaricus, Bifidobacterium bifidum, Lactobacillus salivarius, Lactococcus lactis, Streptococcus thermophilus, Bifidobacterium lactis.		

Other ingredients: Rice Flour (Oryza Sativa), Hypromellose (Capsule), Rice Hull Concentrate (Oryza Sativa), Plant Based Magnesium Stearate, Silicon Dioxide.



Opti-Methyl-B™

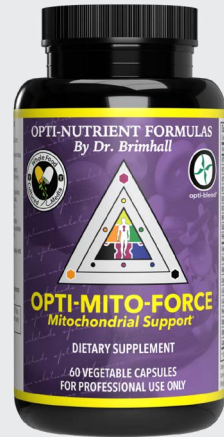
High Potency, Whole Food Methylated B Vitamins

Opti-Methyl-B is a high potency whole food complex B-vitamin formula. This therapeutic dosage provides what your body needs in the methylated form. Methylated forms are what is found in nature. Non-methylated are synthetic chemicals.

\$34.00 - 90 capsules

Supplement Facts		
Serving Size: 2 Capsules	Servings Per Container: 45	
Amount Per Serving		% Daily Value
Vitamin B1-Thiamine (whole food cultured media) ^{††}	24 mg	2000%
Vitamin B2-Riboflavin (whole food cultured media) ^{††}	20 mg	1538%
Vitamin B3-Niacin (whole food cultured media) ^{††}	112.5 mg†	03%
Vitamin B6-Pyridoxine (whole food cultured media) ^{††}	20 mg	1176%
Vitamin B9-Folate (whole food cultured media) ^{††}	2000 mcg	500%
Vitamin B12-Methylcobalamin(whole food cultured media) ^{††}	420 mcg	17,500%
Vitamin B7-Biotin (whole food cultured media) ^{††}	410 mcg	1367%
Vitamin B5-Pantothenic Acid (whole food cultured media) ^{††}	135 mg	2700%
Choline Bitartrate 98% (41% Choline)	30 mg (12.3 mg as Choline)	2%
†Whole Food Cultured Media Blend	10 mg	***
Vitamins, Choline Bitartrate, Cultured Yeast		
Organic Vegetable Blend: Pea, Oat Bran, Red Pepper, Carrot, Broccoli, Cucumber, Beet, Okra, Wild Yam.		
Organic Fruit Blend: Wild Blueberry, Apple, Raspberry, Strawberry, Cranberry, Grape, Orange, Raspberry Seed, Blackberry, Bilberry, Tart Cherry, Cinnamon, Pomegranate, Black Currant.		
Probiotics: Lactobacillus Plantarum, DDS-1™ Lactobacillus Acidophilus™, Bacillus Coagulans, Lactobacillus Bulgaricus, Bifidobacterium Bifidum, Lactococcus Salivarius, Lactococcus Lactis, Streptococcus Thermophilus, Bifidobacterium Lactis.		
††Opti-Blend™ Delivery System: Amylase, Protease, Serralia Peptidase, Lipase, Invertase, Cellulase, Lactase, Diastase, Phytase.	10 mg	***
Molasses	5 mg	2%

Other ingredients: Rice Flour (Oryza Sativa), Hypromellose (Vegetable Capsule), Rice Hull Concentrate (Oryza Sativa), Plant Based Magnesium Stearate, Silicon Dioxide, Patented Organic Zinc, Copper and Manganese^{††}.



Opti-Mito-Force™

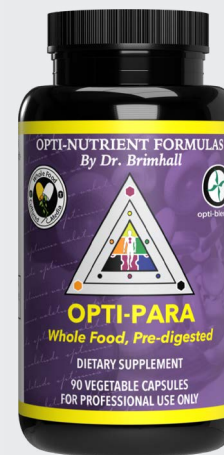
Mitochondrial Support that Includes PQQ

Mitochondria are known as the powerhouses of the cell. They turn nutrients into energy. PQQ's critical role across a wide range of biological functions has gradually emerged. It supports how well mitochondria function and this formula contains the most potent form, along with alpha lipoic acid and other nutrients.

\$34.00 - 60 capsules

Supplement Facts		
Serving Size: 1 Capsule	Servings Per Container: 60	
Amount Per Serving	% Daily Value	
VIT A (Palmitate & Beta carotene) (whole food cultured)††	1150 IU	32.7%
VIT C (as Acerola Cherry Extract) (whole food cultured)††	12 mg	13%
VIT E (Acetate & Mixed Tocopherols) (whole food cultured)††	15 IU	46%
B1-THIAMINE (whole food cultured)††	5 mg4	16%
B2-RIBOFLAVIN (whole food cultured)††	500 mcg	38%
B3 NIACIN (whole food cultured)††	5 mg3	1%
B9-FOLIC ACID (Folate) (whole food cultured)††	250 mcg	106%
SELENIUM (Selenium Glycinate Complex)	70 mcg	127%
PHOSPHATIDYLCHOLINE (Soy Lecithin)	50 mg	**
Grape Seed Extract (Vitis vinifera)	20 mg	**
Grape Skin Extract (Vitis vinifera)	20 mg	**
Alpha Lipoic Acid	25 mg	**
Curcuminoids (95% turmeric root Extract)	20 mg	**
L-Cysteine	10 mg	**
L-Carnitine	10 mg	**
Pine Bark (Pine Bark Extract)	10 mg	**
Opti-Blend™ Delivery System	10 mg	**
Opti-PQQ Pyrroloquinoline Quinone (>0.05% PQQ)	2 mg	**
Catalase	125 CatU	**

**Daily Value not established.
Other ingredients: Rice Flour (Oryza Sativa), Hypromellose (Capsule), Rice Hull Concentrate (Oryza Sativa) Plant-derived Magnesium Stearate, Silicon Dioxide, Zinc (Bisglycinate), Copper (Bisglycinate), Manganese (Bisglycinate).



Opti-Para™

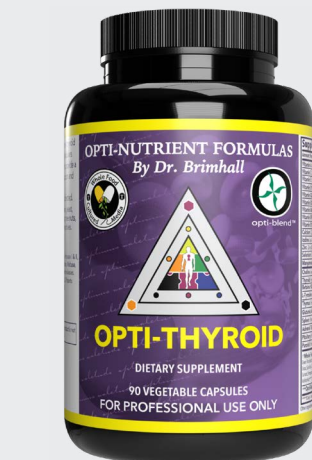
Nutritional support of the bodies elimination of parasites

The gastrointestinal (GI) tract can be considered the main shipping and delivery route of the body ... Parasites can be ingested along with food and beverages, or they can be absorbed through contact with contaminated water; either way, they are stowaways. Opti-Para is formulated to address the health and microbial balance of the GI tract. Digestive enzymes, as well as health-supporting herbs and aged garlic bulb, provide additional gastrointestinal support.

\$34.00 - 90 capsules

Supplement Facts		
Serving Size: 4 Capsules	Servings Per Container: 22	
Amount Per Serving	% Daily Value	
Black Walnut Hull (Jugulans nigra)	200 mg*	*
Clove Flower (Syzygium aromaticum)	200 mg	**
Garlic Bulb (Allium sativum)	200 mg	**
Grapefruit Extract 4:1 (Citrus paradisi)	200 mg	**
Oregano Leaf (Origanum vulgare)	200 mg	**
Pumpkin Seed (Cucurbita pepo)	200 mg	**
Bromelain (Ananas comosus)	160 GDU	**
Papain (Carica papaya)	2 million FCCPU	**
Passion Flower (Passiflora incarnata)	60 mg	**
Wormwood Extract (Artemisia absinthium) 10:1	40 mg*	*
Aloe Vera Leaf (Barbadebisis)	20 mg*	*
Opti-Blend™ Predigestion Delivery System:	20 mg*	*
Amylase, Protease, Pepsinase SP, Lipase, Invertase, Cellulase, Maltase, Lactase, Phytase.		
Dry Flo Molasses	20 mg*	*

**Daily value not established. †Nut Allergen
Other ingredients: Rice Flour (Oryza Sativa), Hypromellose (Capsule), Rice Hull Concentrate (Oryza Sativa), Plant Based Magnesium Stearate.



Opti-Thyroid™

Support for Thyroid Hormone Production and Function

Provides micronutrients that are essential for the production of T4 and its conversion to T3, providing a foundation that best supports your thyroid gland. It supports over 100 enzymes that affect nearly every tissue.

\$40.00 - 90 capsules

Supplement Facts		
Serving Size: 2 Capsules/Servings Per Container: 45	% Daily Value	
Amount Per Serving	% Daily Value	
Vitamin A (whole food cultured media)†	1005 IU	20%
Vitamin C (whole food cultured media)†	100 mg	167%
Vitamin E (whole food cultured media)†	30 IU	100%
Vitamin B1 - Thiamine (whole food cultured media)†	10 mg	66.7%
Vitamin B2 - Riboflavin (whole food cultured media)†	10 mg	588%
Vitamin B3 - Niacin (whole food cultured media)†	5 mg	25%
Vitamin B6 - Pyridoxine (whole food cultured media)†	10 mg	500%
Vitamin B9 - Folic Acid as Folate (whole food cultured media)†	100 mcg	25%
Vitamin B12 - Methylcobalamin (whole food cultured media)†	100 mcg	1667%
Calcium (Calcium Bisglycinate)**	25 mg	3%
Iodine (as Atlantic kelp) (Ascophyllum nodosum) (whole plant)**	50 mcg	33%
Zinc (Zinc Bisglycinate)**	5 mg	33%
Selenium (Glycinate Complex)**	25 mcg	36%
Manganese (Manganese Bisglycinate)**	800 mcg	40%
Choline (as choline bitartrate)**	100 mg	****
Thyroid (from bovine) (Argentina) Predigested***	100 mg	****
Betaine HCl	75 mg	****
L-Tyrosine	50 mg	****
Thymus (from bovine) (Argentina) Predigested***	40 mg	****
Glutamic Acid HCl	20 mg	****
Spleen (from bovine) (Argentina) Predigested***	10 mg	****
Adrenal Tissue (from bovine) (Argentina) Predigested***	10 mg	****
Pituitary (from bovine) (Argentina) Predigested***	3 mg	****
Parotid (from bovine) (Argentina) Predigested***	3 mg	****
†Whole Food Cultured Media Blend:	341 mg	****
Green Tea Extract, B Vitamins, Yerba Mate Leaf, Organic Vegetable Blend: Yeast, Pea, Alfalfa Leaf, Wheat Grass, Barley Grass, Dandelion, Spirulina, Chlorella, Broccoli, Kidney Beans, Parsley, Kale, Dandelion Leaf, Onion, Organic Fruit Blend: Apple, Prune, Black Currant, Pomegranate, Mango, Blueberry, Strawberry, Acai, Raspberry, Cranberry, Probiotics: L. Plantarum, DDS-1™ Lactobacillus Acidophilus****, B. Coagulans, B. Bilidum, B. Lactis, L. Bulgaricus, L. Salivarius, E. Faecium, Streptococcus Thermophilus.		
****Opti-Blend™ Pre-digestion Delivery System:	10 mg	****

****Daily Value not established.
Other ingredients: Beet Root Powder, Magnesium Stearate, Silicon Dioxide and Vegetable Capsule.



Opti-Black Seed Pearls™

An Ancient Herbal Remedy You Can Use Today

Black seed oil contains antioxidant, anti-inflammatory, and apoptotic inhibition mechanisms, fortifying the body's defenses.

The phytonutrient thymoquinone acts as a potent protector against various toxins, including metals, pesticides, solvents, detergents, and pollutants.

\$55.00 - 200 softgels

Supplement Facts		
Serving Size: 4 Softgels	Servings Per Container: 50	
Amount Per Serving	% Daily Value	
Black Seed Oil (nigella sativa)	2000 mg	**
Thymoquinone (TQ) (Naturally Occuring)	40 mg	**

**Daily Value not established.
Other ingredients: Bone gelatin (bovine), glycerin and purified water



Opti-Enviro Detox™

The ingredients in this formula provide support for detoxification and symptoms associated with exposure to hydrocarbons, air, and water pollutants.

Ingredients (12X, 30X, 60X)

- Bromium,
- Chlorine,
- Chloroform,
- Flouride,
- Iron,
- Natrum
- Fluoratum,
- Phenol,
- Ammonium
- Nitricum,
- Anilinum,
- Benzinum,
- Carboneum
- Chloratum,
- Naphthalinum,
- Natrum Nitricum,
- 20% Alcohol,
- Purified Water

\$55.00 - 2 fl oz

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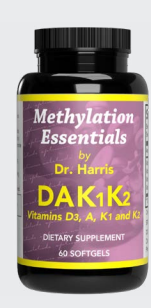
Opti-Metals Detox™

The ingredients in this formula provide support for detoxification associated with exposure to heavy metals.

Ingredients (12X, 30X, 60X)

- Lead
- Aluminum
- Barium
- Cadmium
- Mercury
- Thallium
- Tin, Nickel
- Uranium
- Antimony
- Arsenic
- Radium
- Copper
- Titanium
- 20% Alcohol
- Purified Water

\$55.00 - 2 fl oz



Supplement Facts

Serving Size: 2 Vegetarian Softgels
Servings Per Container: 30

Amount Per Serving	
Vitamin D3 (Cholecalciferol & Algae)	7000 IU**
Vitamin A (Vitamin A Palmitate & Algae)	5000 IU**
Vitamin K2 (MK-7)	100 mcg**
Vitamin K1 (Phytomenadione)	25 mcg**

**Daily value not established.

Other Ingredients: Vegetarian Softgel, Algae Oil

Essential | DAK1K2

Vitamin D3, A, K1 & K2

Vitamin A helps form and maintain healthy skin and hair while promoting better vision.

Vitamin D3, the active form of Vitamin D, regulates levels of calcium and phosphorus in the body and is essential for calcium absorption.

Vitamin K1 & K2 to benefit blood clotting, bone and heart health.

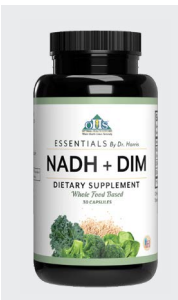
\$34.00 - 60 softgels

Essential | NADH+DIM

Cellular Energy Production

NADH is extensively used as an essential cofactor for hundreds of biochemical reactions, and in the production of cellular energy (ATP). NADH (Reduced Nicotinamide Adenine Dinucleotide) is a co-enzyme found in all living cells that is derived from Vitamin B-3, also known as Niacin.

\$60.00 - 30 capsules

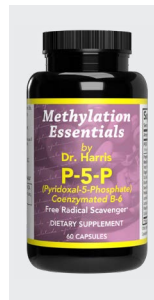


Essential | P-5-P

(Pyridoxal-5-Phosphate) / Coenzymated B-6

P-5-P is a biologically active form of Vitamin B6 that helps metabolize lipids, carbohydrates, and proteins into energy. Also supports nervous system health and the function and growth of red blood cells. 40mg Strength

\$40.00 - 60 capsules



Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	% Daily Value
P-5-P (from pyridoxal-5-phosphate) (coenzymated vitamin B-6)	40 mg 2,353%
Proprietary Whole Food Cultured Media Blend	5 mg **

Yeast, Pea Protein
Organic Fruit & Vegetable Blend: Wild Blueberry, Apple, Raspberry, Strawberry, Oat Bran, Cranberry, Grape, Orange, Raspberry Seed, Red Pepper, Carrot, Blackberry, Bilberry, Tart Cherry, Cinnamon, Broccoli, Cucumber, Pomegranate, Beet, Black Currant, Okra, Wild Yam.
Probiotics: L. Plantarum, Lactobacillus Acidophilus DDS-1™, Bacillus Coagulans, Lactobacillus Bulgaricus, Bifidobacterium Bifidum, Lactobacillus Salivarius, Lactococcus Lactis, Streptococcus Thermophilus, Bifidobacterium Lactis.
Plant Enzymes: Amylase, Protease Blend, Peptizyme, Lipase, Invertase, Cellulase, Lactase, Maltase, Phytase.

**Daily value not established.

Other Ingredients: Rice Flour (Oryza Sativa), Hypromellose (Capsule), Rice Hull Concentrate (Oryza Sativa), Plant Based Magnesium Stearate, Silicon Dioxide.

Other Ingredients: Plant Based Magnesium Stearate, Vegetable Capsule.



Supplement Facts

Serving Size: 3 Veggie Capsules
Servings Per Container: 30

Amount Per Serving	%DV
Magnesium (as Magnesium Glycinate)	525 mg 125%

**Daily Value not established

Other Ingredients: Cellulose (Vegetable Capsule), Rice Flour, Silicon Dioxide.

Essential | Organic Chelated Magnesium

Muscle and Bone Health

Magnesium supports nerve, muscle, bone and heart health. Patented mineral glycinate chelated form promotes optimum absorption.

\$34.00 - 90 capsules

Essential | Protect

Eye Health

Essential Protect is a synergistic blend of high potency phytonutrients for nutritional support against serious conditions and extremely effective to nutritionally support eye health. Protect neutralizes free radicals and supports healing tissue ravaged by disease.

\$48.00 - 60 capsules



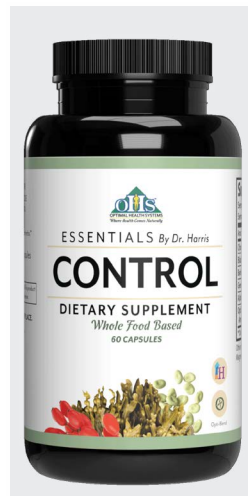
Supplement Facts

Serving Size: 2 Vegetable Capsules Servings Per Container: 30

Amount Per Serving	%DV
Vitamin E (as D-Alpha Tocopherol Succinate)	268 mg/400 IU **
Curcumin	250 mg **
EGCG from Camellia Sinensis	125 mg **
Luteolin	50 mg **
Sulforaphane (Glucosinolate)	25 mg **
Lycopene	15 mg **
Lutein	10 mg **
Zeaxanthin2	mg* *

** Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Silicon Dioxide and veggie capsule.



Supplement Facts

Serving Size: 2 Vegetable Capsules
Servings Per Container: 30

Amount Per Serving	% Daily Value
Chondroitin Sulfate	500 mg **
Bladderwrack Powder	500 mg **
Berberine HCl	250 mg **
Genestein	100 mg **
Alpha Lipoic Acid	100 mg **
Opti Blend Delivery System Amylase, Protease	20 mg **

**Daily Value (DV) not established

Other Ingredients: Rice Flour, Plant Based Magnesium Stearate, Cellulose, Gelatin Capsule.

Essential | Control

To Help the Reduction of Nagalase for Immune Support

Essential Nag Redux uses nutrients, including specific phytonutrients

within a form of algae known as bladderwrack, that have been proven to nutritionally support the reduction of nagalase in the body. Nagalase reduction has been shown to be an important factor in helping to support immunity and fight against disease.

\$46.00 - 60 capsules

Essential | Shrooms

Brain Health

Essential Shrooms contains beta-glucans, antioxidants, and polysaccharides. Providing nutritional support for the reduction of most serious health concerns, additionally to aid and regulate immune and cognitive function.

\$34.00 - 60 capsules



Supplement Facts

Serving Size: 2 Vegetable Capsules Servings Per Container: 30

Amount Per Serving	%DV
Cordyceps Sinensis Powder (Mycelium)	266 mg **
Reishi Mushroom Extract (Ganoderma lucidum karst)(Fruit)	266 mg **
Shiitake Mushroom Extract (Lentinus edodes)(Fruit)	266 mg **
Lion's Mane (Hericium erinaceus)(Fruit)	266 mg **
Proprietary Blend	266 mg **

Maitake Mushroom Extract (Polyporus frondosus)(Fruit), Turkey Tail Extract (Coriolus versicolor)(Fruit), Chaga Mushroom Extract (Monotus obliquus)(Fruit), Royal Sun Agaricus Extract (Agaricus blazei)(Fruit), White Button Mushroom Extract (Agaricus bisporus)(Fruit), Black Fungus Extract (Auricularia auricular)(Fruit)

** Daily Value (DV) not established

Other Ingredients: Cellulose (Vegetable Capsule), Microcrystalline Cellulose, Magnesium Stearate.



Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	
Resveratrol (as Japanese Knotweed 50%) (Resveratrol - 200 mg)	400 mg**
Proprietary Whole Food Cultured Media Blend	5 mg**

Yeast, Pea Protein
Organic Fruit & Vegetable Blend: Wild Blueberry, Apple, Raspberry, Strawberry, Oat Bran, Cranberry, Grape, Orange, Raspberry Seed, Red Pepper, Carrot, Blackberry, Bilberry, Tart Cherry, Cinnamon, Broccoli, Cucumber, Pomegranate, Beet, Black Currant, Okra, Wild Yam.
Probiotics: L. Plantarum, Lactobacillus Acidophilus DDS-1™, Bacillus Coagulans, Lactobacillus Bulgaricus, Bifidobacterium Bifidum, Lactobacillus Salivarius, Lactococcus Lactis, Streptococcus Thermophilus, Bifidobacterium Lactis.
Plant Enzymes: Amylase, Protease Blend, Peptizyme, Lipase, Invertase, Cellulase, Lactase, Maltase, Phytase.

**Daily value not established.

Other Ingredients: Rice Flour and Rice Hull Concentrate, Plant Based Magnesium Stearate, Silicon Dioxide, Vegetable Capsule (plant cellulose and water).
Distributed By: Optimal Health Systems
Pima, AZ 85543 - OHS4Life.com - 800-890-4547

Essential | Whole Food Resveratrol

Cardiovascular Support

Resveratrol is best known for its cellular anti-aging properties and its ability to promote a healthy response to biological stress. Resveratrol is a polyphenol naturally found in the skin of red grapes, certain berries, and other plants. Recent research has shown that Resveratrol can help support healthy cardiovascular functions.

\$50.00 - 60 capsules

Essential | Ubiquinol

Active Form of CoQ10

Ubiquinol is the reduced form of an active free radical quencher, Coenzyme Q10 (CoQ10), which is found in all body cells with high concentration in the heart. It is essential to mitochondrial energy production and functions as a powerful, fat-free soluble, and free radical scavenger.

\$90.00 - 60 capsules



Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	
Ubiquinol (Kaneka Ubiquinol™) (Reduced Form CoQ10)	100 mg**

**Daily value not established.

Other Ingredients: Olive Oil, Gelatin, Glycerin, Water, Soy Lecithin, Caramel, Titanium Oxide and Ascorbyl Palmitate.

Essential | Organic Chelated Zinc

Aid in Enzyme Function

Zinc is needed for the proper growth and maintenance of the human body. It is found in several systems and biological reactions. It is helpful for immune function, wound healing, blood clotting, thyroid function, and much more.

\$29.00 - 90 capsules

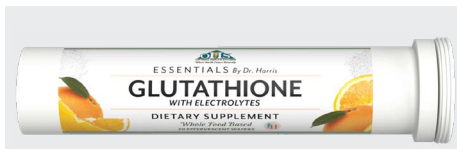


Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	%Daily Value
Zinc (Zinc Bisglycinate Chelate 20%)	30 mg 273%

Other Ingredients: Rice Flour, Citric Acid, Silica, Magnesium Stearate, Gelatin Capsule.



Supplement Facts		
Serving Size: 1 Effervescent Wafer	Servings Per Container: 20	
Amount Per Serving		%DV
Vitamin C	500 mg	556%
Glutathione	500 mg	**
Sodium (pink sea salt)	150 mg	**
Potassium Citrate	45 mg	**
Magnesium Glycinate	25 mg	**

Other Ingredients: Anhydrous Citric Acid 760 mg, Sodium Bicarbonate 650 mg, Stevia 47 mg, Inulin 20 mg, Natural Orange Flavor 120 mg, Color 3 mg, Other excipients 1180 mg.

Essential | Glutathione Natural Antioxidant

Glutathione is the body's research-proven powerhouse antioxidant shown to play a major role in immune function by balancing out oxidative stress and acting as a detoxifier.

\$34.00 - 20 wafers



Supplement Facts		
Serving Size: 1 ml	Serving Per Container: 60	
Amount Per Serving		% Daily Value
Riboflavin (B-2)	1.7 mg	100%
Niacin	20 mg	100%
Vitamin B6	3 mg	150%
Vitamin B12	1200 mcg	20,000%
Hydroxocobalamin		
Pantothenic Acid	20 mg	200%

Other Ingredients: Purified Water, Sorbitol, Glycerin, Citric Acid, Potassium Sorbate, Natural Raspberry Flavor (no msg).

Essential | Sublingual Liquid B-12

High Potency Vitamin B-12 Complex

Vitamin B-12 Complex is essential for the maintenance of healthy nervous tissue. B Vitamins also play a role in energy metabolism for the body.

\$40.00 - 2 fl oz (60 ml)



Supplement Facts		
Serving Size: 1 Teaspoon ~ 4 ml	Serving Per Container: 15	
Amount Per Serving		% Daily Value
Calories	2	<2%
Total Carbohydrate	1 g	<2%
Total Fat	0 g	0%
Sodium	0 g	0%
Melatonin	6 mg	**

* Percent Daily Values based on a 2,000 Calorie Diet.
** No Daily Value Established.

Contains Water, Natural Cane Sugar, Potassium Sorbate, & Organic Vanilla Flavor.

Essential | Sublingual Therapeutic Melatonin

Use Melatonin's Therapeutic Abilities to Get you Back to Health Quickly

High-dose therapeutic Melatonin works with the body's methylation pathways to help prevent disease and help the body heal from some of the most serious conditions the body faces.

\$40.00 - 2 fl oz (60 ml)



Essential | Pure D-Ribose Powder

Helps Enhance ATP Energy Production

- Helps support energy (ATP) production in heart and muscle.
- Helps promote muscle recovery following exercise.
- Helps decrease free radical production during exercise.

\$40.00 - 250 gm

Supplement Facts		
Serving Size: 1 Scoop (5 grams)	Serving Per Container: 50	
Amount Per Serving		%Daily Value
Calories	20	
Total Carbohydrates	5g	2%**
Total Sugars	5g	10%**
D-Ribose	5g	†

**Percent daily values are based on a 2000 calorie diet.
†Daily Value Not Established.



Essential | L-Carnitine

Acetyl-L-Carnitine

Nutritional support for your heart, mitochondria, energy levels, and fat reduction.

\$41.00 - 150 gm

Supplement Facts		
Serving Size: 12 Scoop (3 gram)	Servings Per Container: 6	
Amount Per Serving		% Daily Value
Acetyl L-Carnitine	3g	†

** Percent daily values are based on a 2,000 calorie diet.
† Daily Value not established.

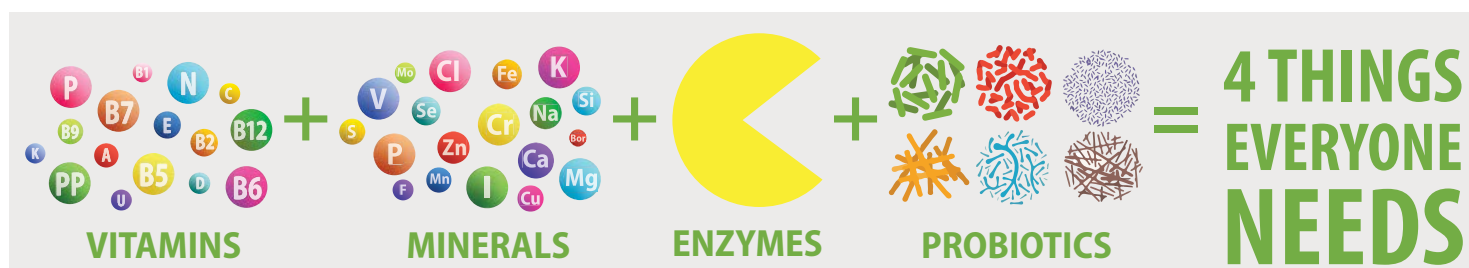
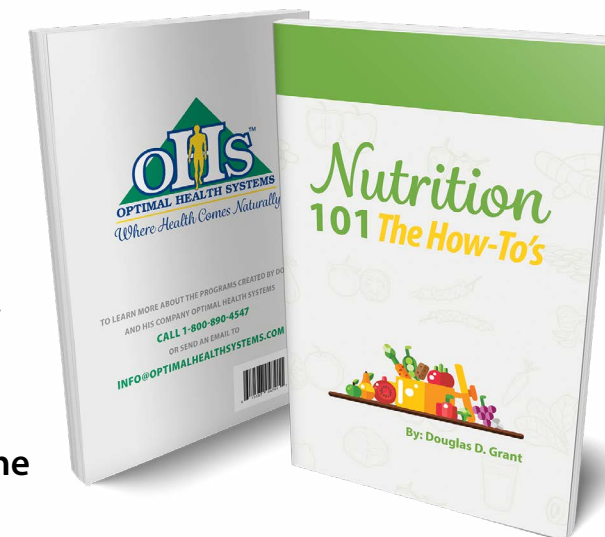
Easily Learn the Basics of Nutrition

This easy-to-understand guide will walk it's readers through the basics of nutrition, food labels, macronutrients, and how to effectively fuel the body for optimal health.

The days of confusing grocery runs and weight loss frustration will be numbered once you understand the basic rules taught within

"Nutrition 101 - The How To's"

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The Muscle Cussor is truly the all-in-one massage gun. It offers the highest percussion per minute, well above the industry leader, extended 4 hour battery life, and 6 different accessories. Best of all, it's incredibly quiet so it can be used at any time without disturbing others.

- 20 Speeds
- 4-hour Battery Life
- 6 Applicators
- 3200 Percussions/Minute
- Abnormal Temp Protection
- Double Overcharge Protection
- CE, FCC and FDA certificates

\$225.00



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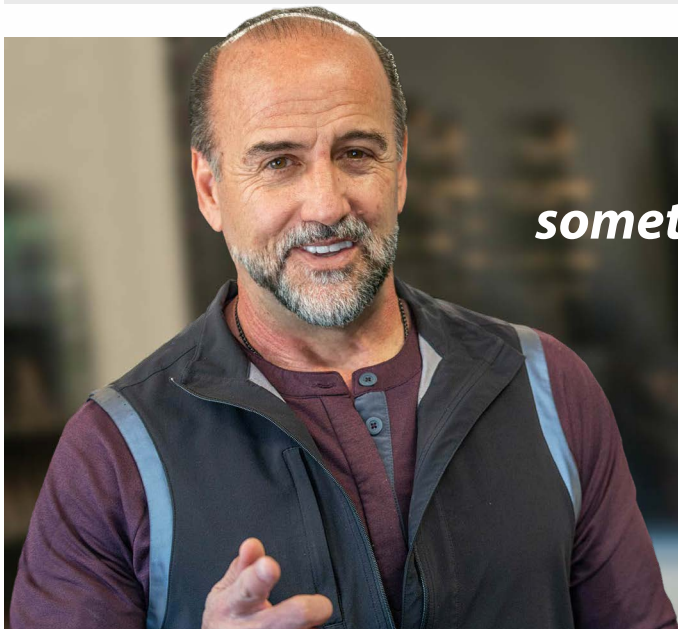
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- Get a pulse on the health industry from our blog
- Build your own Custom Pak
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“The more you crave something, the more your cells vibrate that frequency into reality.”

- Douglas D. Grant