

Optimal Health Pak

Product Name

2 Arginine N.O. (1 per packet)
2 Digestion (1 per packet)
2 Longevi-D K2 (1 per packet)
2 EFA (1 per packet)
4 Vitamin-Mineral (2 per packet)
2 High CFU Probiotic (1 per packet)

Qty

60
60
60
60
120
60

Supplement Facts

Serving Size: 2 packets

Take 1 packet morning and 1 packet evening

Serving Per Container: 30

	Amount Per Packet	% Daily Value
Vitamin A	16,000 mcg RAE	1,778%
Beta Carotene, Whole Food Cultured Media		
Vitamin C	80 mg	89%
Ascorbic Acid, Whole Food Cultured Media		
Vitamin D	13 mcg	66%
Cholecalciferol, Whole Food Cultured Media		
Vitamin D3 - Cholecalciferol	100 mcg 4000 IU	500%
Whole Food Cultured Media		
Vitamin E	35 mg	232%
DL-Alpha & Mixed D-Alpha Tocopherols, Whole Food Cultured Media		
Vitamin K	108 mcg	90%
Phytonadione, Whole Food Cultured Media		
Vitamin K2	120 mcg	100%
MK-7, Whole Food Cultured Media		
Vitamin B1 - Thiamine	2 mg	167%
Whole Food Cultured Media		
Vitamin B2 - Riboflavin	2 mg	185%
Whole Food Cultured Media		
Vitamin B3 - Niacin	26 mg	165%
Whole Food Cultured Media		
Vitamin B6 - Pyridoxine HCL	2 mg	141%
Whole Food Cultured Media		
Vitamin B9 - Folic Acid	907 mcg	227%
Whole Food Cultured Media		
Vitamin B12 - Methylcobalamin	8 mcg	333%
Whole Food Cultured Media		
Vitamin B7 - Biotin	907 mcg	3,023%
Whole Food Cultured Media		
Vitamin B5 - D-Calcium Pantothenate	13 mg	264%
Whole Food Cultured Media		
Calcium	667 mg	51%
Calcium Carbonate, Malate, Bisglycinate Chelate		
Iron Amino Acid Chelate	24 mg	133%
Magnesium	267 mg	64%
Bisglycinate Chelate		
Zinc	20 mg	182%
Bisglycinate Chelate		
Selenium	93 mcg	169%
Glycinate Chelate		
Copper	3 mg	311%
Bisglycinate Chelate		
Manganese	3 mg	122%
Manganese Bisglycinate Chelate		
Chromium	160 mcg	457%
Nicotinate Glycinate Chelate		
Molybdenum	100 mcg	222%
Glycinate Chelate		
Amino Acid Blend	1,400 mg	**
A-ARG, Arginine Alpha-Ketoglutarate and L-Arginine, L-Citrulline, Citrulline and Citrulline Malate Extract OKG, Ornithine Alpha-Ketoglutarate, Beta Alanine		

Continued

Supplement Facts

Optimal Health Pak - Continued

	Amount Per Packet	% Daily Value
Stabilized Fatty Acid Blend	1,000 mg	**
Borage Oil, Flaxseed Oil, Algae Oil		
Plant Enzymes	125,000 Active Units	**
Dipeptidyl Peptidase IV, Protease II, Protease III, Protease V, Amylase I, Amylase II, Lactase, Alpha-Galactosidase, Bromelain, Papain, Lipase, Cellulase, Invertase, Maltase		
Proprietary Whole Food Cultured Media Blend and Opti-Blend™ Delivery System	64 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 Bidum, Lactobacillus Salivarius, Lactococcus Lactis, Streptococcus Thermophilus, Bifidobacterium Lactis.		
Plant Enzymes: Amylase, Protease Blend, Peptizyme, Lipase, Invertase, Cellulase, Lactase, Maltase, Phytase.		
Aloe Vera Leaf	50 mg	**
Naturally containing Copper, Zinc, Manganese		
Kelp Powder	44 mg	**
Ascophyllum Nodosum, Algae		
CoQ10	30 mg	**
Ubiquinone, Fermented		
Black Strap Molasses (Iron)	27 mg	**
Opti-Blend™ Delivery System	27 mg	**
Amylase, Protease I, Protease II, Peptizyme SP-Serrapeptase, Lipase, Invertase, Cellulase, Lactase, Phytase, Patented Organic Zinc, Patented Organic Copper, Patented Organic Manganese, Molasses.		
Whole Food Cultured Media Blend	13 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 Bidum, Lactobacillus Salivarius, Lactococcus Lactis, Streptococcus Thermophilus, Bifidobacterium Lactis.		
Amylase	5,000 DU	**
Aspergillus Oryzae		
Acerola Cherry Extract	5 mg	**
Malpighia Glabra (Fruit)		
High CFU Probiotics	40 Billion CFU	**
Lactobacillus Acidophilus, Bifidobacterium Lactis, Lactobacillus Plantarum, Lactobacillus Paracasei, Marine Polysaccharide, Fructooligosaccharide		
Patented Stabilized Heat Resistant Probiotics	50 Billion CFU	**
Lactobacillus Acidophilus DDS-1™, Bacillus Coagulans, Lactobacillus Bulgaricus, Bifidobacterium Bidum, Lactobacillus Salivarius, Lactococcus Lactis, Streptococcus Thermophilus, Bifidobacterium Lactis.		
Vitamin E	13 mcg	**
Plant Based		

* Percentage US Recommended Daily Value For Adults

** Daily Value Not Established

Other Ingredients: Beet Fiber, Cellulose, Gelatin, Glycerin, Hydroxymethylcellulose (Vegetable Capsule), Plant Based Magnesium Stearate, Potassium Citrate, Purified Water, Rice Bran Concentrate (Oryza Sativa), Rice Flour (Oryza Sativa), Rice Hull Concentrate (Oryza Sativa), Silicon Dioxide.

This product is not intended to diagnose, treat, cure or prevent any disease.