



OPTIMAL HEALTH SYSTEMS

Where Health Comes Naturally



Call toll-free 1-800-890-4547

www.ohs4life.com

2022 Catalog #5

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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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. And 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 1 DIGESTION

THE ONLY FORMULA THAT CONTAINS ALL THE ESSENTIAL INGREDIENTS TO ADDRESS ALL 3 STAGES OF DIGESTION

PLANT ENZYMES FOR DIGESTION

STABILIZED PROBIOTICS FOR ABSORPTION

ORGANIC MINERALS FOR CELL UTILIZATION

THE ESSENTIAL INGREDIENTS IN OPTIMAL 1 DIGESTION™

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

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 Digestion is the only formula on the market that uses **highly potent plant enzymes to break down ALL proteins, carbohydrates, and fats 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 Digestion has created for customers around the world.

CONTAINS POTENT SPECIALTY ENZYMES DIGESTS LACTOSE, GLUTEN, & CASEIN

The statements made are based off of certified research and have not 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.

Contains no animal enzymes or acids.

OPTIMAL 1 DIGESTION IS THE BEST SELLING FORMULA

WHOSE NUTRIENTS BREAK DOWN ALL FOODS, HELPING ELIMINATE GAS, ACID REFLUX, AND INDIGESTION.

TOP SELLER FOR OVER 30 YEARS



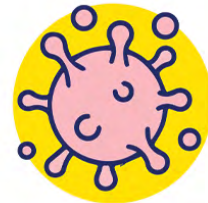
21 DAY BLITZ CHALLENGE

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 habitd 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**



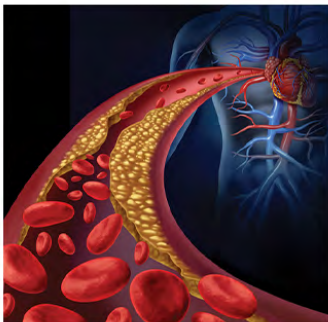
OPTIMAL B.F.F. (Blood-vessel-Flexibility Formula)

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

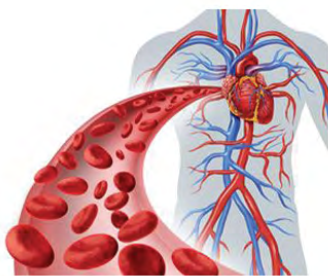
**WE FEEL OPTIMAL B.F.F. IS THE MOST POWERFUL
FORMULA WITH GAME CHANGING NATURAL NUTRIENTS
PROVEN TO DRAMATICALLY INCREASE NITRIC OXIDE.**

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



Before Nitric Oxide.



After Nitric Oxide.

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 **
Caffeine (Green Tea)	90 mg **

**Daily Value not established.
Other ingredients: Natural Orange Citrus Flavor, Stevia, Natural Silica, Creatine Nitrate, †Nitrate Food Blend:
RAW FREEZE DRIED: Banana, Pineapple, Strawberry, Noni, C. Berry, Broccoli Sprouts, Acerola Cherry, Carni Camu, Tomato, Broccoli, Carrot, Acai, Mangosteen, 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.



**ONLY
\$41⁰⁰**

"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 Digestion™

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.

\$33.00 - 90 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)	5,000 DU **
Invertase (Saccharomyces cerevisiae)	200 SU **
Diastase (Aspergillus Oryzae)	25 DP **
Aloe Vera Leaf (naturally containing Copper, Zinc, Manganese)	50 mg **
Patented Stabilized Heat Resistant Probiotics (Lactobacillus acidophilus DDS-1™, Bacillus coagulans, Lactobacillus bulgaricus, Bifidobacterium bifidum, Lactobacillus salivarius, Lactococcus lactis, Streptococcus thermophilus, Bifidobacterium lactis).	50 Million CFU **

**Daily Value not established.

Other ingredients: Rice Flour (Oryza Sativa), Vegetable Capsule (HPMC & water), Rice Hull Concentrate (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.

\$33.00 - 90 capsules

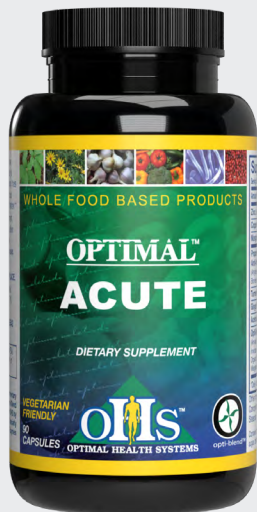
Supplement Facts	
Serving Size: 3 Capsules Servings Per Container: 30	
Amount Per Serving	% Daily Value
Vitamin A (Beta Carotene) (Whole Food Cultured)††	1500 mcg RAE/6000 IU 167%
Vitamin C (Ascorbic Acid) (Whole Food Cultured)††	60 mg 67%
Vitamin D3 (Cholecalciferol) (Whole Food Cultured)††	10 mcg/400 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 have 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	
Zinc (Zinc Bisglycinate)†	20 mg	181%	
Copper (Copper Bisglycinate)†	2 mg	222%	
Manganese (Manganese Bisglycinate)†	1 mg	43%	
Proprietary Natural Anti-Inflammatory Enzyme Blend (Amylases, Lipases, Protease, Peptizyme SP, Rutin, Bromelain, Papain, Proteases, Amla).	150,000 AU		*
Turmeric Root (Curcuma longa)	400 mg		*
Ginger Root (Zingiber officinale)	100 mg		*
Acerola Extract (Malphiga glabra)	40 mg		*
Opti-Blend™ Delivery System (Amylase, Protease I, Protease II, Peptizyme SP, Lipase, Invertase, Cellulase, Lactase, Maltase, Phytase, Patented Organic Zinc, Patented Organic Copper, Patented Organic Manganese, Molasses).	20 mg		*

*Daily Value not established.

Other Ingredients: Rice Flour (Oryza Sativa), Rice Hull Concentrate (Oryza Sativa), Plant-Based Magnesium Stearate. Hypromellose (Capsules).

Contains no yeast, corn, milk, egg, soy, sugar, artificial colors, starch or preservatives.

SUGGESTED NUTRITIONAL SUPPORT

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



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.

\$33.00 - 90 capsules

Supplement Facts		Serving Size: 6 Capsules	Servings Per Container 15
Amount Per Serving		% Daily Value	
Calcium (Calcium Aminomins, 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 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.	130 mg		*
Plant Enzymes: Amylase, Protease, Serratia Peptidase, Lipase, Invertase, Cellulase, Lactase, Malt Diastase, Phytase.			
Dri Flo Molasses	30 mg		*

*Daily Value not established.

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

SUGGESTED NUTRITIONAL SUPPORT

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



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.

\$33.00 - 60 capsules

Supplement Facts

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

*Daily Value not established.

Other ingredients: Hypromellose (Capsules), Rice Flour (Oryza sativa), Silicon Dioxide, Plant Based Magnesium Stearate, Rice Hull Concentrate (Oryza sativa), Zinc Bisglycinate Chelate†, Copper Bisglycinate Chelate†.

SUGGESTED NUTRITIONAL SUPPORT

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

Optimal Collagen Plus

Pre-digested and grass-fed whey protein plus collagen peptides for the ultimate combination of muscle health and anti-aging benefits.

COLLAGEN PLUS powder is 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

Supplement Facts

Serving Size: 25.5 grams (1 scoop)		
Amount Per Serving	% 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.

SUGGESTED NUTRITIONAL SUPPORT

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



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.

\$87.00 - 900 gm

Supplement Facts	
Serving Size 1 Level Scoop (27.5g) 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, Organic Ancient Grains blend of Amaranth, Quinoa, Buckwheat, Millet, Chia; Banana, Flax Seed, Spectra™ (Broccoli Sprout, Onion Extract, Tomato, Broccoli, Carrot, Kale, Brussel Sprout, Coffea arabica Extract, Acerola Extract, Camu Camu, Quercetin, Acai, Mangosteen, Camellia Sinensis, VitaRed Apple Extract, Turmeric Extract, Garlic, Oregano, Cinnamon, Elderberry Powder, VitaCurren Black Currant, VitaBlue Blueberry Extract, Sweet Cherry Powder, Blackberry Powder, Aronia/Chokeberry, Raspberry Powder, Bilberry Extract), Natural Vanilla Flavor, Mango, Pineapple, Stevia, Carrot, Spinach, Beet, Broccoli Sprout, Radish Sprout, Maltodextrin, Corn Starch, Silicon Dioxide, Citric Acid, Sunflower Lecithin.

* Free of 8 major allergens: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat and soybeans.

SUGGESTED NUTRITIONAL SUPPORT

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



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)

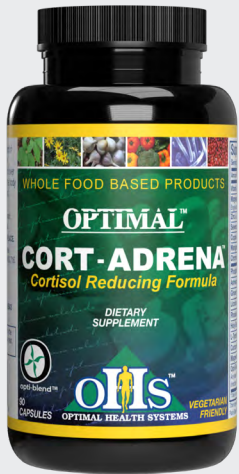
\$87.00 - 1500 gm (3.5 lbs)

Supplement Facts		Supplement Facts Continued	
Serving Size: 50 grams (2 scoops)		Servings Per Container: 30	
Amount Per Serving	% DV	Amount Per Serving	% DV
Calories	200	B9 Folic Acid as Folate (96%) (Whole Food Cultured*)	265 mcg 66%
Calories from Fat	34	B12 Methylcobalamin 1% (Whole Food Cultured*)	4 mcg 67%
Total Fat	4 g 6%	B7 Biotin (1% (Whole Food Cultured*))	200 mcg 67%
Saturated Fat	2 g 10%	B5 Pantothenate Acid (95%) (Whole Food Cultured*)	6 mg 60%
Total Carbohydrate	24 g 9%	Calcium (D-Malate 30%, AAC 20%, D-Calcium Pant.)	154 mg 15%
Dietary Fiber	2 g 10%	Iodine (as Potassium Iodide)	100 mcg 67%
Sugars (natural)	12 g **	Magnesium (MGG Chelate, AA Chelate 20%, Oxide 58%)	43 mg 11%
Sodium	300 mg 13%	Zinc (Zinc Amino Acid Chelate 20%)	10 mg 67%
Protein	20 g 29%	Selenium (Selenium AAChelate 1%)	46 mcg 66%
Vitamin A	3200 IU 64%	Copper (Copper AA Chelate 10%)	1.25 mg 63%
Beta-carotene 20% (Whole Food Cultured*)		Manganese (Manganese Amino Acid Chelate 58%)	80 mcg 67%
Vitamin C	41 mg 68%	Chromium (Chromium Amino Acid Chelate 2%)	50 mcg 67%
Ascorbic Acid 99% (Whole Food Cultured*)		Molybdenum (Molybdenum Amino Acid Chelate 5%)	16.67 mg **
Vitamin D3	266 IU 67%	Opti-Blend™ Delivery System (Amylase, Protease, Peptidase, Lipase, Invertase, Cellulase, Lactase, Maltase)	
Cholecalciferol 100,000 IU/g (Whole Food Cultured*)		PROTEIN: Soy Isolates 90%, Whey Protein Isolate 91%, Milk Protein Isolate 87.5%, Glutamine as Patented Magnesium-Glycyl-Glutamine.	
Vitamin E	20 IU 67%	*Whole Food Cultured Media Blend. **DV not established.	
Tocopherol Acetate 500 IU/g (Whole Food Cultured*)			
Vitamin K	53 mcg 66%		
Phytonadione 1% (Whole Food Cultured*)			
B1 Thiamine (78%) (Whole Food Cultured*)	1 mg 63%		
B2 Riboflavin (95%) (Whole Food Cultured*)	1 mg 59%		
B3 Niacinamide (98%) (Whole Food Cultured*)	13 mg 65%		
B6 Pyridoxine (82%) (Whole Food Cultured*)	1 mg 50%		

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

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



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 plant enzymes, organic minerals and digestive enzymes, nutritionally making it even more powerful through pre-digestion.

\$33.00 - 90 capsules

SUGGESTED NUTRITIONAL SUPPORT

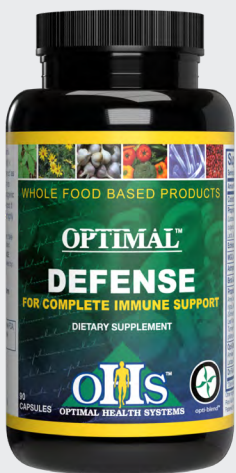
- Energy
- Emotional Stress
- Physical Stress
- Low Blood Pressure
- Chronic Fatigue Syndrome
- Overuse of coffee/caffeine/sodas, etc.
- Fatigue
- Adrenal Dysfunction
- Hypothyroid
- Fibromyalgia

Supplement Facts

Serving Size: 2 Capsules		Servings Per Container 45
Amount Per Serving	% Daily Value	
Vitamin C (from acerola cherry extract)	18 mg	20%
Magnesium (as Magnesium Bisglycinate Chelate Buffered & Magnesium Glycinate Glutamine Chelate)†	26 mg	6%
Zinc (as Zinc Bisglycinate Chelate)†	10 mg	91%
Selenium (as Selenium Glycinate)†	20 mcg	36%
Copper (as Copper Bisglycinate Chelate)†	25 mcg	3%
Chromium (Chromium Nicotinate Glycinate Chelate)†	40 mcg	114%
Ashwagandha Extract (Withania Somnifera)	130 mg	*
Broccoli Extract	80 mg	*
Boron (as Bororganic glycine)	6 mg	*
Licorice Root DGL (Glycyrrhiza glabra)	30 mg	*
Holy Basil (Ocimum tenuiflorum)	20 mg	*
Rhodiola Crenulata Extract (root)	20 mg	*
L-Tyrosine	15 mg	*
Curcuminoids (Turmeric root extract 95%)	10 mg	*
Magnesium Glycyl Glutamine	12 mg	*
Opti-Blend™ Delivery System	5 mg	*
<small>Amylase, Proteases, Peptizyme SPTM, Lipase, Invertase, Maltase, Cellulase, Lactase, Phytase.</small>		
Molasses	5 mg	*

*Daily Value not established.

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



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 4.5 Billion CFU <small>(Lactobacillus acidophilus ***DDS-1[®], B. coagulans, Lactobacillus bulgaricus, Bifidobacterium bifidum, L. salivarius, Lactococcus Lactis, Streptococcus Thermophilus, Bifidobacterium Lactis).</small>		*
Echinacea purpurea	150 mg	*
MGG (Magnesium Glycinate Glutamine)	75 mg	*
Astragalus (root) (Astragalus membranaceus)	75 mg	*
Beta Glucan 80%	15 mg	*
Proprietary Immune Complex: 261 mg <small>Anise Seed (Pimpinella anisum), Elderberry Extract (Sambucus nigra), Camellia sinensis, Maitake Mushroom (Grifola frondosa), Olive Leaf Extract (Olea europaea), Oregano Leaf (Origanum vulgare), Shiitake Mushroom (Lentinula edodes), Turmeric Root (Curcuma longa), Licorice DGL (Glycyrrhiza glabra), Lemon Balm Extract (Melissa officinalis).</small>		*
Opti-Blend[®] Delivery System	20 mg	*
<small>(Amylase, Protease, Serratia Peptidase, Lipase, Invertase, Cellulase, Lactase, Diastase, Phytase.</small>		
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, Rice Maltodextrin.



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

Serving Size:
2 Capsules

Servings Per
Container: 30

Amount Per Serving	% Daily Value
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 Fat • Sugar • Trim

Digest Fat And Nutritionally Support 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.

\$33.00 - 90 capsules

SUGGESTED NUTRITIONAL SUPPORT

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

Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 30

Amount Per Serving	% Daily Value
Selenium (<i>Selenium Glycinate Complex</i>)†	45 mcg 81.82%
Copper (<i>Copper Bisglycinate</i>)†	75 mcg 8.33%
Chromium (<i>Chromium Nicotinate Glycinate</i>)††	100 mcg 285.71%
Lipase (<i>Aspergillus Niger</i>)	525 LU *
Garlic Bulb (<i>odorless</i>) (<i>Allium sativum</i>)	150 mg *
Turmeric (<i>root powder</i>)(<i>Curcuma longa</i>)	60 mg *
PROPRIETARY BLEND <i>Garcinia Cambogia Extract, Cinnamon Verum, Raspberry Ketones, Rhodiola Crenulata, Konjac Root (Amorphophallus konjac) (glucomannanase)</i>	76 mg *

Opti-Blend™ Delivery System 30 mg *

Amylase (Aspergillus oryzae), Protease (Aspergillus oryzae), Acid Stable Protease (Aspergillus niger), Serratia Peptidase (Serratia marcescens), Lipase (Rhizopus oryzae), Invertase (Saccharomyces cerevisiae), Cellulase (Aspergillus niger), Lactase (Aspergillus oryzae), Malt Diastase (Aspergillus oryzae), Phytase(Aspergillus niger), and Molasses

*Daily Value not established.

Other Ingredients: Rice Flour (Oryza Sativa), Hypromellose (capsule), Rice Hull Concentrate (Oryza Sativa), plant-based magnesium stearate, Zinc (Zinc Bisglycinate)†, Manganase (Manganese Bisglycinate)†.



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.

\$33.00 - 90 capsules

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 45

Amount Per Serving	% Daily Value
Optimal Flora Blend <i>(Lactobacillus acidophilus DDS-1™***, Bacillus coagulans, Lactobacillus bulgaricus, Bifidobacterium bifidum, Lactobacillus salivarius, Lactococcus lactis, Streptococcus thermophilus, Bifidobacterium lactis)</i>	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.

SUGGESTED NUTRITIONAL SUPPORT

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



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.

\$87.00 - 30 servings

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, Chokeberry 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.

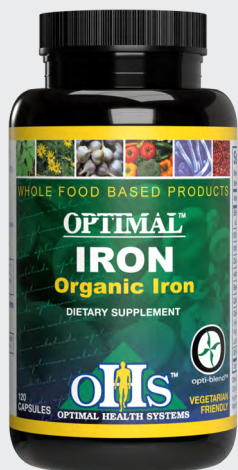
FLAVORINGS:

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.

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



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.

\$33.00 - 120 capsules

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 (Amylase, Protease I, Protease II, Peptizyme SP™, Lipase, Invertase, Cellulase, Lactase, Maltase, Phytase.)	5 mg	*
Dri Flo Molasses	5 mg	*

[†]Daily Value not established.

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

SUGGESTED NUTRITIONAL SUPPORT

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



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.

\$68.00 - 360 capsules

Supplement Facts

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

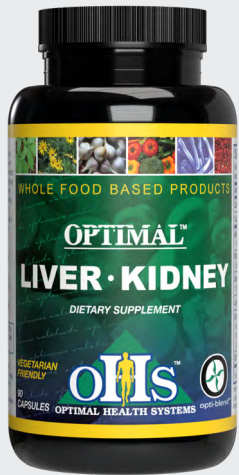
Amount Per Serving	% Daily Value	
Calories	40	
Calories from fat	40	
Total Fat	4g	8%**
CLA from Safflower (Carthamus Tinctorius) oil 80% Conjugated Linoleic Acid (CLA)	4,000 mg	***

**Based on 2,000 calorie diet.

***Daily Value not established

SUGGESTED NUTRITIONAL SUPPORT

- Helps increase metabolic rate
- Works on stubborn belly fat
- Helps slim your body
- Helps healthy dieting
- Helps lower cholesterol & triglycerides



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.

\$33.00 - 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 (Amylase, Protease I, Protease II, Serratia Peptidase, Lipase, Invertase, Cellulase, Lactase, Malt Diastase, Phytase).	10 mg *
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 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% [†]
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%

[†]Percent 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 Annatto (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

Serving Size: 2 Capsules Servings Per Container: 60

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** 64 mg *

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.

*Daily Value not established.

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



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).

\$68.00 - 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)

Supplement Facts

Serving Size: 10 Capsules Servings Per Container: 30

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: 130 mg *

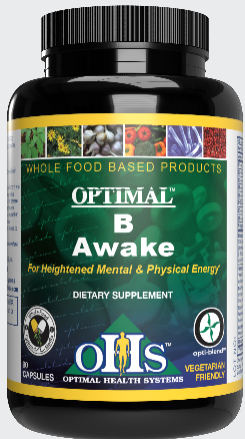
Saccharomyces Cerevisiae, Pea Protein. **Plant Enzymes:** Amylase, Protease I, Protease II, Peptizyme SP®, Lipase, Invertase, Maltase, Cellulase, Lactase, Phytase.

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.

*Daily Value not established.

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



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.

\$33.00 - 90 capsules

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 45

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 Pantothenat (whole food cultured media)	20 mg 400%
Manganese (Manganese Bisglycinate)**	100 mcg 4%

Mental Clarity Blend: L-Taurine 98%, Green Tea Extract 875 mg
50% Caffeine (Camellia sinensis), Ginkgo Biloba Leaf, DMAE L-Bitartrate (Dimethylethanolamine) 97%, Rhodiola Crenulata Extract, Choline Bitartrate 98% (41% Choline), L-Tyrosine 98%, Yerba Mate Leaf (Ilex paraguariensis), Acetyl-L-Carnitine HCL ≥95%, Ginger Root (Zingiber officinale).

Whole Food Cultured Media/Opti-Blend[®] Delivery System: 15 mg
Yeast, Pea Protein. **VITAMINS:** B1 (Thiamine HCL), B2 (Riboflavin), B3 Niacin (niacinimide)66 (pyridoxine HCL), B9 Folate(Folic Acid), B12 (Methylcobalamin), B7 Biotin, B5 (D-Cal-Pant)

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.

SUGGESTED NUTRITIONAL SUPPORT

- Increased Energy
- Mental Clarity
- Mental Focus
- Mental Focus
- Mental Focus
- Mental Focus



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

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 45

Amount Per Serving	% Daily Value
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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.

SUGGESTED NUTRITIONAL SUPPORT

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



Optimal Opti-T

Natural Testosterone Support for Men and Women

Studies show testosterone levels in both men and women are at a historic low. This is a blend of specific herbs and nutrients that 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. Our nutrients are based on whole foods with digestive enzymes and organic minerals for ultimate potency.

\$36.00 - 90 capsules

Supplement Facts

Amount Per Serving		Serving Size: 3 Capsules Servings Per Container: 30	% 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 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
- Immunity
- Improved Aerobic Performance
- Rash
- Candida
- Shingles
- Bug Bites
- Alkalization
- Athlete's Feet

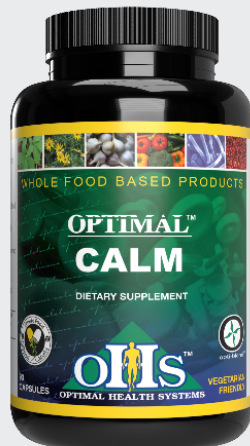
Supplement Facts

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.

*This statement has not been evaluated by the F.D.A.



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

Amount Per Serving		Serving Size: 3 Capsules Servings Per Container: 30	% 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 Sleep Gummies

Provides a low predigested dose of Melatonin to Help You Fall Asleep Faster

A predigested natural form of melatonin that works with the body's melatonin production. 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 plays a key role in nervous system function and helps keep your immune system healthy.

\$40.00 - 30 Gummies

Supplement Facts

Serving Size: 1 Piece Amount Per Serving	Serving Per Container: 30 % 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

Other Ingredients: Natural Sugars, Pectin, Citric Acid, Natural Passion Fruit Flavor, Vegetable Oil, Purple Carrot Juice Concentrate.



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

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 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.

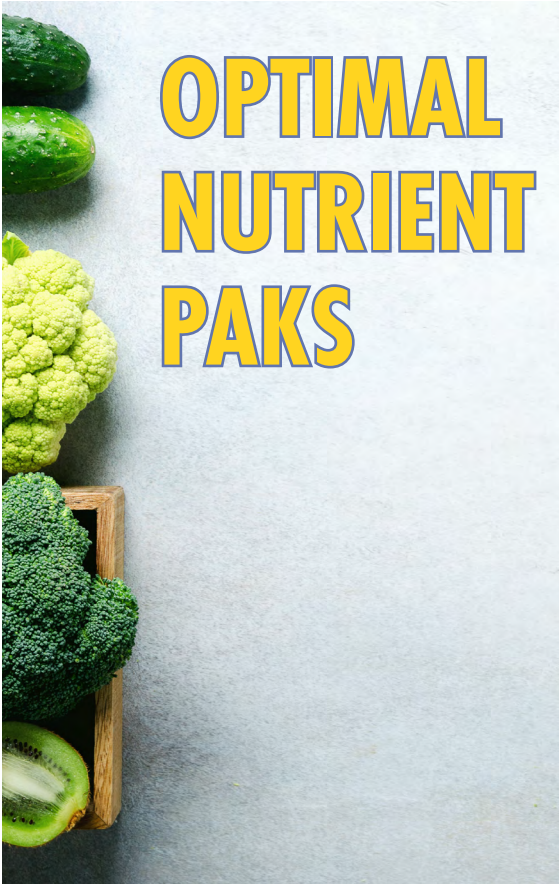
Optimal Zinc-Oxy Spray creates a richly oxygenated environment harmful pathogens can't survive in. Oxygen helps protect you from anaerobic bacteria, viruses, yeast, fungus, mold, and parasites. This aerobic stabilized oxygen product can increase oxygen levels, something your body needs to nutritionally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

\$41.00 - 2 fl oz



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

\$63.00 - 31 packets



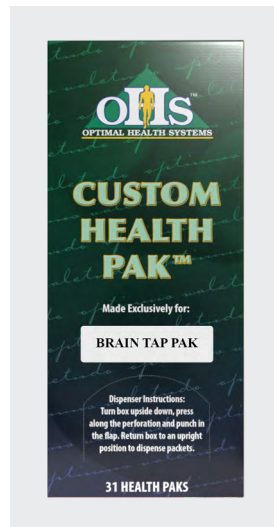
Brain Tap Pak

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 learning and recovering from injury, as well as, 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

\$67.00 - 31 packets



to

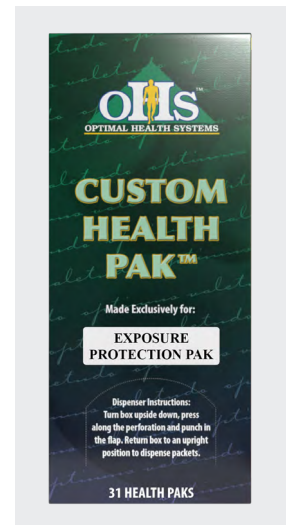
Exposure Protection Pak

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 Crea-Nitic,
1 High Potency Vitamin D3,
1 Protect,
1 Zinc,
1 20 billion CFU Probiotic Blend

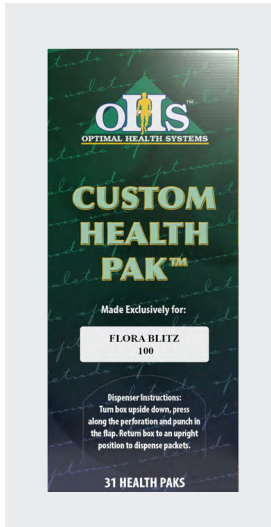
\$67.00 - 31 packets



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



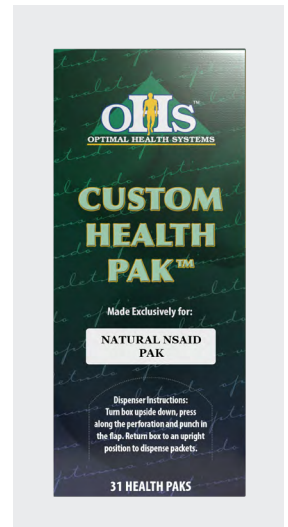
\$63.00 - 31 packets

Natural NSAIDs Pak

The Optimal Natural NSAIDs Pak pairs Optimal Chronic, Optimal Acute, Omega-3s and potent phytonutrients to 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)



\$63.00 - 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 20 Billion CFU Probiotic Blend



\$67.00 - 31 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



\$63.00 - 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 20 billion CFU Probiotic Blend**

Recommended dose is 2 packets per day

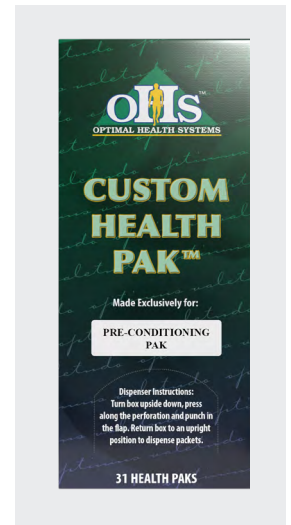


\$94.00 - 60 packets

Pre-Conditioning

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**
 - 1 Opti-Adrenal,**
 - 1 Opti-Iodine,**
 - 1 Opti-Mito-Force**



\$63.00 - 31 packets

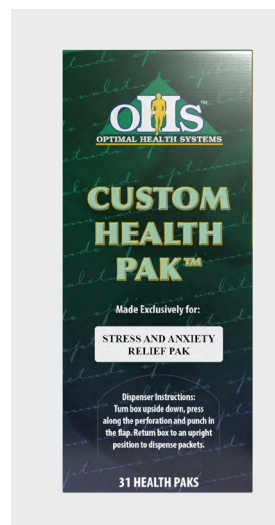
Stress/Anxiety Relief Pak

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 REM sleep,**
- 1 20 Billion CFU Probiotic Blend**



\$67.00 - 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 Natural Vitality**



\$88.00 - 60 packets

NOS Performance Paks

Boosts circulation to help nutritionally support many conditions spawning from poor circulation.

The new NOS Performance Pak is 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,

\$67.00 - 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.

\$54.95 - 20 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-Gl,
1 Liver • Kidney,
2 Flora Plus

\$82.00 - 60 packets



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.

You can even pack a package or two away so you always have one handy.

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

Prices range from:
\$60.00 to
\$201.00

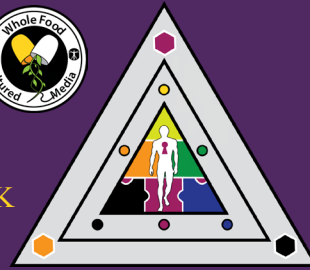




Brimhall Wellness™

See Miracles Daily

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



Glandulars with Digestive Enzymes & Organic Minerals

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

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 ***
*1 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, Pepsinase SP, Serapeptase, Lipase, Invertase, Cellulase, Lactase, Phytase, Patented Organic Zinc**, Patented Organic Copper**, Patented Organic Manganese** and molasses.	5 mg ***

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

"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.

\$41.00 - 90 capsules

Supplement Facts

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 250%
Vitamin B1 (as Thiamine HCl) (whole food blend)	3 mg 92%
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 **
DMAE Bitartrate (Dimethylaminoethanol), L Glutamine, Glutamic Acid, Green Tea Leaf Extract 4:1, Bacopa Monneri Herb Extract 4:1, Choline (bitartrate), Inositol, N-Acetyl L-Tyrosine, Bilberry Fruit Extract 4:1, Gaba (Gamma Amino Butyric Acid), Grape Seed Extract 4:1, Grape Fruit Seed Extract 4:1, Olive Leaf Powder, Cinnamon Bark Extract 4:1, Licorice Root Extract 4:1, Boron (Citrate), DHA 17% Powder, Vanadyl Sulfate (Vanadium 19%), Phosphatidyl Serine 20%, Huperzine A (from Huperzia Serrata Aerial Part Extract). Proprietary Enzyme Blend: Protease, Amylase, Lipase.	

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

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



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

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 (<i>Angelica sinensis</i>), Wild Yam Root (<i>Dioscorea villosa</i>), Red Raspberry Leaf (<i>Rubus idaeus</i>), Eleuthero (Siberian Ginseng) (Root), Chaste Tree (Fruit) (<i>Vitex agnus castus</i>), Sarsaparilla Root (<i>Smilax meica</i>), Damiana Leaf (<i>Turnera diffusa</i>), Licorice Root Extract (<i>Glycyrrhiza glabra</i>), Kelp Powder (<i>Ascophyllum nodosum</i>) (algae).		
PROPRIETARY WHOLE FOOD CULTURED MEDIA BLEND & OPTI-BLEND® DELIVERY 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, Oat 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: Magnesium Stearate, Rice Flour, Maltodextrin, Silicon Dioxide.		



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

Supplement Facts

Amount Per Serving		% Daily Value
Colostrum NLT 10%	100 mg	**
Immunoglobulin	(10 mg IGG)	
providing IgG, IgA, IgM, IgE, IgD.		
Optimal Cleanse Blend	850 mg	**
<i>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).</i>		
Stabilized Glutamine **	20 mg	<1%
<i>Magnesium Glycinate Glutamine Chelate</i>		
Opti-Blend® Delivery System	20 mg	**
<i>Amylase, Proteases, Peptizyme SP, Lipase, Invertase, Maltase, Cellulase, Lactase, Phytase, and Molasses.</i>		
Proprietary Whole Food Cultured Yeast Blend	10 mg	**
<i>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</i>		
**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

Amount Per Serving		% Daily Value
Vitamin C (whole food cultured media)†	100 mg	167%
Vitamin E (whole food cultured media)†	50 IU	167%
Vitamin B9-Folate (whole food cultured media)†	50 mcg	13%
Magnesium (Magnesium Bisglycinate)††	20 mg	5%
Selenium (Glycinate Complex)††	50 mcg	71%
Potassium (Glycinate Complex)††	20 mcg	<1%
Heart (from bovine) (Argentina) Predigested***	100 mg	**
Coenzyme Q10 (as Ubiquinone) (Hi-Oten™)	15 mg	**
Hawthorn Extract (<i>Crataegus oxyacantha</i>) (Leaf and flower) 1.8% Vitexin	50 mg	**
Taurine	50 mg	**
L-Arginine	50 mg	**
Spleen (from bovine) (Argentina) Predigested***	40 mg	**
L-Carnitine (as L-Carnitine Fumarate)	20 mg	**
Pituitary (from bovine) (Argentina) Predigested***	5 mg	**
Whole Food Cultured Media Blend:	341 mg	**
<i>Rice Complex, Yeast, Organic Vegetable Blend: Yeast, Pea, Alfalfa Leaf, Wheat Grass, Barley Grass, Oat Grass, Spirulina, Chlorella, Broccoli, Kelp, Cabbage, Parsley, Kale, Dandelion Leaf, Dulce. Organic Fruit Blend: Apple, Prune, Black Currant, Pomegranate, Mango, Blueberry, Strawberry, Acai, Raspberry, Cranberry. Probiotics: L. Plantarum, DDS 1™ Lactobacillus Acidophilus™, B. Coagulans, B. Bifidum, B. Lactis, L. Bulgaricus, L. Salivarius, E. Faecium, Streptococcus Thermophilus.</i>		
**Daily value not established.		

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



Opti-Immune-VRL™

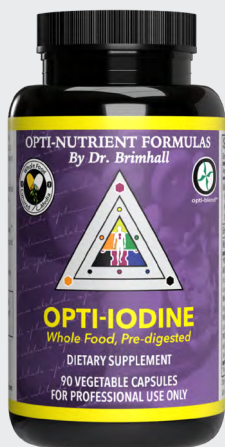
Immune System Support

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)††	1500 IU	30%
Vitamin C (whole food cultured)††	100 mg	111%
Vitamin D3 (whole food cultured)††	300 IU	75%
B6-Pyridoxine (whole food cultured)††	20 mg	1176%
Magnesium (Magnesium Bisglycinate)†	40 mg	10%
Zinc (Zinc Bisglycinate)†	16 mg	145%
Manganese (Manganese Bisglycinate)†	4 mg	174%
VRL Blend: Lycopene, Green Tea Extract (Camellia sinensis (88% polyphenols, 80% catechins, 4.5% EGCG), Broccoli Extract 5% Glucoraphanin.	305 mg	*
Astragalus Root Powder (<i>Astragalus membranaceus</i>)	80 mg	*
Whole Glucan Particle (Beta-Glucan naturally/derived from <i>Saccharomyces cerevisiae</i>)	50 mg	*
Pomegranate Extract (<i>Punica granatum</i>) (thull) (40% ellagic acid)	20 mg	*
Lymph Powder (from bovine) (Argentina) <i>Predigested</i> ††	20 mg	*
Spleen Powder (from bovine) (Argentina) <i>Predigested</i> ††	20 mg	*
Thymus Powder (from bovine) (Argentina) <i>Predigested</i> ††	20 mg	*
Parotid (from bovine) (Argentina) <i>Predigested</i> ††	20 mg	*
Opti-Blend™ Delivery System	5 mg	*

*Daily Value not established.
Other ingredients: Gelatin Capsule, Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate, Calcium (Bisglycinate).



Opti-Iodine™

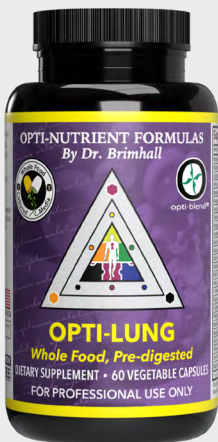
Support for healthy thyroid, breast and endocrine system

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.		

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



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 Natural Beta Carotene-whole food cultured media)†	25000 iu	500%
Vitamin B6 (as Pyridoxal-5-Phosphate-whole food cultured media)†	20 mg	1000%
Calcium (as DimaCal® Dicalcium Malate)††	16 mg	2%
Iodine (from Organic Icelandic Kelp) (Laminaria Digitata) (Stem&Leaf)†	40 mcg	27%
Magnesium (as Dimagnesium Malate)††	8 mg	2%
Manganese (as Manganese Bisglycinate)††	3.6 mg	180%
Lung (from bovine) (Argentina) <i>Predigested</i> ***	300 mg	**
Thymus (from bovine) (Argentina) <i>Predigested</i> ***	100 mg	**
Pancreas (from bovine) (Argentina) <i>Predigested</i> ***	100 mg	**
Duodenum (from porcine) (Argentina) <i>Predigested</i> ***	50 mg	**
Spleen (from bovine) (Argentina) <i>Predigested</i> ***	50 mg	**
Kidney (from bovine) (Argentina) <i>Predigested</i> ***	50 mg	**
Lotus (Nelumbo Nucifera) (Leaves)	45 mg	**
Stomach (from porcine) (Argentina) <i>Predigested</i> ***	40 mg	**
Rutin (from Dimorphandra Gardneriana) (Bean)	30 mg	**
Kelp (Ascophyllum Nodosum) (Leaves)	27 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	**
Whole Pituitary (from bovine) (Argentina) <i>Predigested</i> ***	10 mg	**
Glycine	7.7 mg	**
Yellow Dock (Rumex Crispus) (Root)	5 mg	**
Uva Ursi (Arctostaphylos Pinguica) (Leaves)	5 mg	**
Blue Cohosh (Caulophyllum Thalictroides) (Root)	5 mg	**

**Daily value not established.
Other Ingredients: Tricalcium Phosphate, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Silica, Hypromellose (Capsule).



Opti-MagnaSTEM™

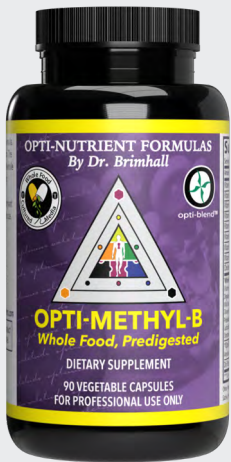
Nutritional Support for Stem Cells

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.

\$41.00 - 60 capsules

Supplement Facts	
Serving Size: 2 Capsules	Servings Per Container: 30
Amount Per Serving	% Daily Value
Vitamin D3 Cholecalciferol (whole food cultured media) [†]	1000 IU 125%
Kelp Powder (320 mcg Lithium Aspartate) (Ascophyllum Nodosum) (Algae) (whole food cultured media) [†]	100 mg ***
Shitake 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:	10 mg ***
Amylase, Protease, Serratia Peptidase, Lipase, Invertase, Cellulase, Lactase, Diastase, Phytase.	
Molasses (whole food cultured media) [†]	10 mg ***

***Daily value not established.
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-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 703%
Vitamin B6-Pyridoxine (whole food cultured media) [†]	20 mg 1176%
Vitamin B9-Folic Acid (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:	10 mg ***
Amylase, Protease, Serratia Peptidase, Lipase, Invertase, Cellulase, Lactase, Diastase, Phytase.	
Molasses	5 mg 2%

***Daily value not established.
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™

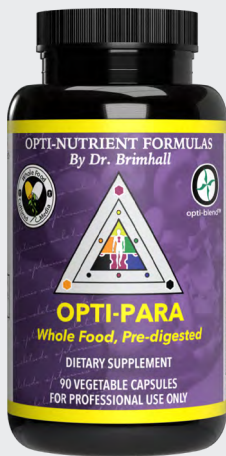
Mitochondrial support that includes PQQ

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) ^{††}	335.1 mcg RAE 37%
VIT C (as Acerola Cherry Extract) (whole food cultured) ^{††}	1117 IU 13%
VIT E (Acetate & Mixed Tocopherols) (whole food cultured) ^{††}	6.97 mg 46%
B1-THIAMINE (whole food cultured) ^{††}	15 IU
B2-RIBOFLAVIN (whole food cultured) ^{††}	5 mg 416%
B3 NIACIN (whole food cultured) ^{††}	500 mcg 38%
B9-FOLATE (Folic Acid) (whole food cultured) ^{††}	5 mg 31%
SELENIUM (Selenium Glycinate Complex)	425 mcg DFE 106%
Grape Seed Extract (Vitis vinifera)	70 mcg 127%
Grape Skin Extract (Vitis vinifera)	20 mg **
Alpha Lipoic Acid	20 mg **
Curcuminoids (turmeric root extract)	50 mg **
L-Cysteine	20 mg **
L-Carnitine	10 mg **
Pine Bark (Pine Bark extract) (Pinus massoniana)	10 mg **
^{††} Cultured Media Blend/Opti-Blend™	25 mg/10 mg **
Opti-PQQ Pyrroloquinoline Quinone (>0.90% PQQ)	200 mcg **
Catalase (Aspergillus niger)	625 mcg/125 CatU **

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

Amount Per Serving	Servings Per Container: 22	% 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 paradise)	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, Proteases, Serratia Peptidase, Lipase, Invertase, Cellulase, Lactase, Malt Diastase, Phytase.		
Dry Flo Molasses	20 mg	**

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

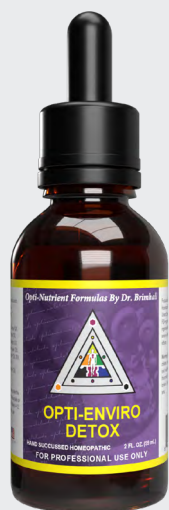
Provides micronutrients that are essential for the production of T4 and its conversion to T3, providing a foundation that best supports your thyroid gland. It supports over 100 enzymes that affect nearly every tissue.

\$40.00 - 90 capsules

Supplement Facts

Amount Per Serving	Servings Per Container: 45	% Daily Value
Vitamin A (whole food cultured media)†	1005 IU	42%
Vitamin C (whole food cultured media)†	100 mg	111%
Vitamin E (whole food cultured media)†	30 IU	134%
Vitamin B1 - Thiamine (whole food cultured media)†	10 mg	833%
Vitamin B2 - Riboflavin (whole food cultured media)†	10 mg	769%
Vitamin B3 - Niacin (whole food cultured media)†	5 mg	31%
Vitamin B6 - Pyridoxine (whole food cultured media)†	10 mg	588%
Vitamin B9 - Folic Acid as Folate (whole food cultured media)†	100 mcg	25%
Vitamin B12 - Methylcobalamin (whole food cultured media)†	100 mcg	4166%
Calcium (Calcium Bisglycinate)**	25 mg	2%
Iodine (as Atlantic kelp) (Ascophyllum nodosum) (whole plant)**	50 mcg	33%
Zinc (Zinc Bisglycinate)**	5 mg	45%
Selenium (Glycinate Complex)**	25 mcg	45%
Manganese (Manganese Bisglycinate)**	800 mcg	35%
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	****
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: L. Acidophilus DDS-1, B. Coagulans, L. Bulgaricus, B. Bifidum, L. Salivarius, L. Lactis, Streptococcus Thermophilus, B. Lactis.		
Opti-Blend™ Pre-digestion Delivery System:	10 mg	*

Other ingredients: Beet Root Powder, Magnesium Stearate, Silicon Dioxide and Hypromellose (Capsule).



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,
- Anilinium,
- Benzinum,
- Carboneum
- Chloratum,
- Naphthalinum,
- Natrum Nitricum,
- 20% Alcohol,
- Purified Water

\$55.00 - 2 fl oz

H O M E O P A T H I C



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

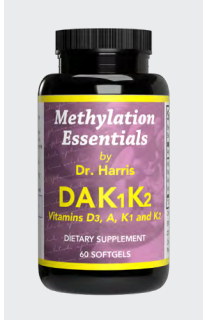
\$55.00 - 2 fl oz



Harris Essential



By Dr. Marc Harris, ND, MD, PHD³



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



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 | NADH

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



Supplement Facts	
Serving Size: 1 Vegetable Capsule	
Amount Per Serving	
NADH (Reduced β -Nicotinamide Adenine Dinucleotide)	10 mg**
D-Ribose	200 mg**
**Daily value not established.	

Other Ingredients: Microcrystalline Cellulose, Vegetable Magnesium Stearate, Silicon Dioxide.

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.

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)	800 IU	**
Curcumin	500 mg	**
EGCG from Camellia Sinensis	250 mg	**
Luteolin	100 mg	**
Sulforaphane (Glucosinolate)	50 mg	**
Lycopene	30 mg	**
Lutein	20 mg	**
Zeaxanthin	4 mg	**
** Daily Value (DV) not established		

Other Ingredients: Microcrystalline Cellulose, Silicon Dioxide.



Supplement Facts

Serving Size: 2 Vegetable Capsules
Servings Per Container: 30

Amount Per Serving	%DV
Chondroitin Sulfate	500 mg **
Bladderwrack Powder	500 mg **
Opti Blend Delivery System Amylase, Protease	20 mg **

**Daily Value (DV) not established

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



Essential | Nag Redux

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.

\$34.00 - 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 (<i>Mycelium</i>)	266 mg **
Reishi Mushroom Extract (<i>Ganoderma lucidum karst</i>)(Fruit)	266 mg **
Shiitake Mushroom Extract (<i>Lentinus edodes</i>)(Fruit)	266 mg **
Lion's Mane (<i>Hericium erinaceus</i>)(Fruit)	266 mg **
Proprietary Blend	266 mg **
Maitake Mushroom Extract (<i>Polyporus frondosus</i>)(Fruit), Turkey Tail Extract (<i>Coriolus versicolor</i>)(Fruit), Chaga Mushroom Extract (<i>Inonotus obliquus</i>)(Fruit), Royal Sun Agaricus Extract (<i>Agaricus blazei</i>)(Fruit), White Button Mushroom Extract (<i>Agaricus bisporus</i>)(Fruit), Black Fungus Extract (<i>Auricularia auricula</i>)(Fruit)	

** Daily Value (DV) not established

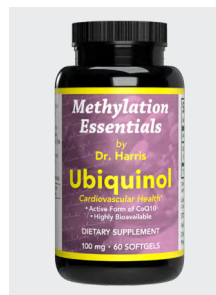
Other Ingredients: Cellulose (Vegetable Capsule), Microcrystalline Cellulose, Magnesium Stearate.

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.

\$88.00 - 60 capsules



Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving

Ubiquinol (Kaneka Ubiquinol™)	100 mg**
(Reduced Form CoQ10)	

**Daily value not established.

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



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 Yeast, Pea Protein	5 mg**
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), Rice Hull Concentrate (Oryza Sativa) Hypromellose (Capsules), Plant Based Magnesium Stearate, Silicon Dioxide.

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.

\$49.00 - 60 capsules

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.

\$27.00 - 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	**

** Daily Value (DV) not established

Other Ingredients: Citric Acid 760 mg, Sodium Bicarbonate 650 mg, Stevia 30 mg, Inulin 20 mg, Natural Orange flavor 100 mg, Acesulfame Potassium 30 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: 1ml		Servings 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 Hydroxocobalamin	1200 mcg	20,000%
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: 4 ml		Servings 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	140 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)		Servings Per Container: 50
Amount Per Serving	%Daily Value	
Calories	20	
Total Carbohydrates	5g	2%**
Total Sugars	5g	2%**
D-Ribose	5g	†

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

Other Ingredients: None.



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: 1 Scoop (3 grams)		Servings Per Container: 50
Amount Per Serving	% Daily Value	
Acetyl L-Carnitine	3g	†

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

Other Ingredients: None.

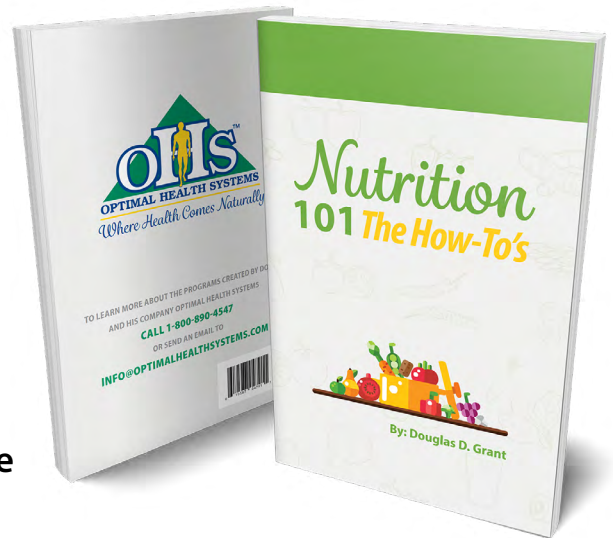
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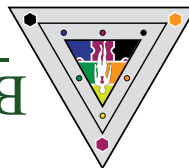
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