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
Prescription drugs ARE BETTER THAN typical supplements . . .

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

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

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

**Whole Food Cultured Media**

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

**Opti-Blend™ Digestion & Delivery System**

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

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

Opti-Blend™ utilizes a combination of 10 kosher-certified, non-GMO, aspergillus oryzae enzymes and patented organic minerals to help digest every nutrient. Every person can receive the benefits of whole food supplementation because the nutrients are digested and delivered independent of the individual's condition.
THE ESSENTIAL INGREDIENTS IN OPTIMAL 1 DIGESTION™

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 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.
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.

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

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

NO Nitric Oxide

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
• Results with just one dose
• Natural energy
• Effective at any age

Nutrition Facts

Serving Size: 3 Chewable Tablets  Servings Per Container: 18

Serving
Amount Per Serving  % Daily Value

Total Calories  6  **
Total Carbohydrates  1.3 g  **
Dietary Fiber  0 g  **
Sugars  0 g  **
Protein (Plant Based)  0 mg  **
Creatine Nitrate  3 g  **
Nitrosyl Nitrate  20 mg  **
Caffeine (Green Tea)  90 mg  **

**Daily Value not established.

Other Ingredients: Natural Orange Citrus Flavors, Stevia, Natural Stevia, Creatine Nitrate, Vanilla Food Flavor.

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.

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
Safe, digestible nutrients
Chewable gummies

100% RDA of 24 essential nutrients
Safe, pre-digested nutrients
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
Optional 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
$75.00 - 270 capsules

Optional 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

SUGGESTED NUTRITIONAL SUPPORT

**Daily Value not established. **

Other ingredients: Rice Flour (Oryza Sativa), Vegetable Capsule (HPMC & water), Rice Hull Concentrate (Oryza Sativa), Plant Based Magnesium Stearate, Silicon Dioxide, Potassium Citrate.
Optimal Acute

A Natural Support to Inflammation

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

$40.00 - 90 capsules

Optimal BFF

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

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

$47.00 - 90 chewable tablets

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SUGGESTED NUTRITIONAL SUPPORT

- Blood Flow
- Lung Capacity
- Immune Support
- Oxygen Circulation
- Reduced Inflammation
- Artery Health
- Inflammation, Injury, Pain
- Poisonous Bites
- Cold, Flu, Infections
- Osteo & Rheumatoid Arthritis
- Scar Tissue
- Fibromyalgia
- Allergies
- Digestion
- Asthma
- Bruising
- Candida
- Gout

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- Oxygen Circulation
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- Scar Tissue
- Fibromyalgia
- Allergies
- Digestion
- Asthma
- Bruising
- Candida
- Gout

Nutrition Facts

Serving Size: 3 Chewable Tablets
Serving Per Container: 30

Amount Per Serving % Daily Value
Total Calories 6 **
Total Carbohydrates 1.2 g **
Dietary Fiber 0 g **
Sugars (from fruit) 3 mg **
Creatine Nitrate 3 g **
†Nitrate Food Blend 600 mg **
Camellia sinensis & Caffeine 99 mg **
Sodium Bicarbonate 150 mg **

**Daily Value not established.

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- Scar Tissue
- Fibromyalgia
- Allergies
- Digestion
- Asthma
- Bruising
- Candida
- Gout

For more info, visit www.ohs4life.com
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.

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

$33.00 - 90 capsules

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.

*SUGGESTED NUTRITIONAL SUPPORT*
- Osteo & Rheumatoid Arthritis
- Joint Pain, Injury
- Disc Degeneration
- Back Pain, Injury
- Excessive Exercise
- Fibromyalgia

$33.00 - 60 capsules
Optimal Collagen Plus

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

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

$87.00 - 800 grams

**SUGGESTED NUTRITIONAL SUPPORT**
- Protein Source for Muscles
- Healthy Hair
- Healthy Skin
- Healthy Nails
- Healthy Protein Source
- Healthy Protein Source for Baking

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 grams

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

For more info, visit www.ohs4life.com
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 grams

SUGGESTED NUTRITIONAL SUPPORT

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

Optimal Cort-Adrena

Healthy Adrenal and Stress Support

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

$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

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
• AIDS, HIV
• Alternative Nutritional Support for the Prevention of Infectious Disease

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

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 Supports Sugar Levels**

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

$33.00 - 90 capsules

**SUGGESTED NUTRITIONAL SUPPORT**

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

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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

**SUGGESTED NUTRITIONAL SUPPORT**

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

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**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:**

**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

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**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**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>B9-Folate</td>
<td>200 mcg</td>
<td>50%</td>
</tr>
<tr>
<td>(as L-5-MethyltetrahydroFolate)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>B12 (as Methylcobalamin)</td>
<td>6 mcg</td>
<td>250%</td>
</tr>
<tr>
<td>Iron (Iron Glycinate)†</td>
<td>20 mg</td>
<td>111%</td>
</tr>
<tr>
<td>Zinc (Zinc Bisglycinate)†</td>
<td>460 mcg</td>
<td>4.18%</td>
</tr>
<tr>
<td>Acerola Cherry Juice</td>
<td>10 mg</td>
<td>*</td>
</tr>
<tr>
<td>Brewers Yeast</td>
<td>10 mg</td>
<td>*</td>
</tr>
<tr>
<td>Carrot Powder</td>
<td>10 mg</td>
<td>*</td>
</tr>
<tr>
<td>Opti-Blend™ Delivery System</td>
<td>5 mg</td>
<td>*</td>
</tr>
<tr>
<td>(Amylase, Protease I, Protease II, Peptizyme SP™, Lipase, Invertase, Cellulase, Lactase, Maltase, Phytase).</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dri Flo Molasses</td>
<td>5 mg</td>
<td>*</td>
</tr>
</tbody>
</table>

*Daily Value not established.

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

**Supports Fat Reduction Mass and Food Cravings**

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

**$68.00 - 360 capsules**

**Supplement Facts**

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<tr>
<th>Serving Size: 4 Soft-gel Capsules</th>
<th>Servings Per Container: 90</th>
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<tbody>
<tr>
<td>Amount Per Serving</td>
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<tr>
<td>Calories</td>
<td>40</td>
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<td>Calories from fat</td>
<td>40</td>
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<tr>
<td>Total Fat</td>
<td>4g</td>
</tr>
<tr>
<td>8%**</td>
<td></td>
</tr>
<tr>
<td>CLA from Safflower</td>
<td>4,000 mg ***</td>
</tr>
<tr>
<td>(Carthamus Tincorius) oil</td>
<td></td>
</tr>
<tr>
<td>80% Conjugated Linoleic Acid (CLA)</td>
<td></td>
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</tbody>
</table>

**$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**

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 Capsules</th>
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</thead>
<tbody>
<tr>
<td>Servings Per Container: 45</td>
</tr>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>% Daily Value</td>
</tr>
<tr>
<td>Zinc (Zinc Bisglycinate)†</td>
</tr>
<tr>
<td>Copper (Copper Bisglycinate)†</td>
</tr>
<tr>
<td>Milk Thistle (80% Silymarin</td>
</tr>
<tr>
<td>UV Vis.) Silybum marianum)</td>
</tr>
<tr>
<td>Barberry Root Bark</td>
</tr>
<tr>
<td>(Berberis vulgaris)</td>
</tr>
<tr>
<td>Dandelion Root</td>
</tr>
<tr>
<td>(Taraxacum officinale)</td>
</tr>
<tr>
<td>Lipase (Aspergillus Niger)</td>
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<td>Opti-Blend™ Delivery System</td>
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<tr>
<td>(Amylase, Protease I, Protease II,</td>
</tr>
<tr>
<td>Serratia Peptidase, Lipase, Invertase, Cellulase,</td>
</tr>
<tr>
<td>Lactase, Malt Diastase, Phytase).</td>
</tr>
<tr>
<td>Dri Flo Molasses</td>
</tr>
</tbody>
</table>

**$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

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
• Muscle, Bone Support
• Offset Low Sun Exposure
• Injury Healing

For more info, visit www.ohs4life.com
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

• Improve Anabolism Sarcopenia (age related muscle loss)

Optimal B Awake

Nutrients That Boost Mental and Physical Energy

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

$33.00 - 90 capsules

SUGGESTED NUTRITIONAL SUPPORT

• Increased Energy
• Mental Clarity
• Mental Focus
• Mood Enhancement

For more info, visit www.ohs4life.com
Optimal Opti-Nitric

Natural Nitric Oxide Boost Helps Improve Cardiovascular and Overall Health

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

$34.00 - 90 capsules

SUGGESTED NUTRITIONAL SUPPORT

• Blood Pressure Regulation
• Blood Vessels Flexibility
• Improve Insulin Sensitivity

Optimal Opti-T

Natural Testosterone Support for Men and Women

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

$36.00 - 90 capsules

SUGGESTED NUTRITIONAL SUPPORT

• Balanced hormones
• Aids Circulation
• Enhances Memory

Optimal OxyPure

Load with a Pure Oxygen Boost

An 04 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, alkalination, candida, bug bites, athlete’s foot, and more.

$34.00 - 2 ounces

SUGGESTED NUTRITIONAL SUPPORT

• Colds, Flu, Infection
• Rash
• Shingles
• Alkalization
• Immunity
• Candida
• Bug Bites
• Althease Feet
• Improved Aerobic Performance

For more info, visit www.ohs4life.com
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

<table>
<thead>
<tr>
<th>Serving Size: 3 Capsules</th>
<th>Servings Per Container: 30</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>L-Tryptophan</td>
<td>100 mg</td>
<td></td>
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<tr>
<td>Valerian Root Extract</td>
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<tr>
<td>5-Hydroxytryptophan</td>
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<tr>
<td>Magnesium (Magnesium Aspartate)</td>
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<tr>
<td>Proprietary Sleep Blend:</td>
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<tr>
<td>Chamomile Flower (Matricaria chamomilla), Passion Flower (Passiflora incarnata), L-Dopa, Niacinamide (Nicotinamide), Lutein, Extract (Melia azedarach), L-tryptophan (Trypsin)</td>
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<td></td>
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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

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

$40.00 - 30 Gummies

SUGGESTED NUTRITIONAL SUPPORT

- Maintain a Healthy Circadian Rhythm
- Balance Cortisol

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Piece</th>
<th>Servings Per Container: 30</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Total Carbohydrates</td>
<td>2.4 g</td>
</tr>
<tr>
<td>Sodium (as Sodium Citrate)</td>
<td>3.6 mg</td>
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<tr>
<td>Total Sugars</td>
<td>1.8 g</td>
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<tr>
<td>Includes Added Sugars</td>
<td>1.8 g</td>
</tr>
<tr>
<td>Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Protein</td>
<td>0 g</td>
</tr>
<tr>
<td>Vitamin B6 (as Pyridoxine HCl)</td>
<td>2 mg</td>
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<tr>
<td>Passiflora Extract</td>
<td>10 mg</td>
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<tr>
<td>Melatonin</td>
<td>1 mg</td>
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</table>

SUGGESTED NUTRITIONAL SUPPORT

- Strengthen Immune System
- Neutralize Free Radicals

Optimal Whole C

Complete Support for Immunity and Cardiovascular Integrity

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

$24.00 - 60 Chewables

SUGGESTED NUTRITIONAL SUPPORT

- Strengthen Immune System
- Neutralize Free Radicals

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

For more info, visit www.ohs4life.com
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

SUGGESTED NUTRITIONAL SUPPORT

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

For more info, visit www.ohs4life.com
**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

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**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

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**Exposure Protection Pak**

*Fight Pathogens and Boost Immune Function*

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

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

$67.00 - 31 packets

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For more info, visit www.ohs4life.com
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

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.

$55.00 - 20 packets

Natural NSAIIDs Pak
Naturally Reduce Pain and Inflammation

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

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

$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 Gl, 1 DAK1-K2, 1 Phytonutrients, 1 High CFU Probiotic Blend

$67.00 - 31 packets

For more info, visit www.ohs4life.com
NOS Performance Paks

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

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

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

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

$94.00 - 60 packets

Opti-Pak

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

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

$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 High CFU Probiotic

Recommended dose is 2 packets per day

$67.00 - 31 packets

Optimal Soft Cleanse Pak

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

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

$82.00 - 60 packets
Peptide Support Pak

*Ultimate Pak for Supporting Peptide Protection and Production*

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

**$100.00 - 60 packets**

Pre-Conditioning Pak

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

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

**$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 Calm, 1 High CFU Priobiotic 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 B-Awake

**$88.00 - 60 packets**

For more info, visit www.ohs4life.com
CUSTOM HEALTH PAKs

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

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

The Custom Pak saves patients money and keeps supplementing simple.

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

Prices range from:
$60.00 to $201.00

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Nutrients Rx Bloodwork & Questionnaire

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

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

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

For more info, visit www.ohs4life.com
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

“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
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

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

Opti-Glandular™

Nutritionally Supports total Body Health

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

$34.00 - 60 capsules
**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**

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**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**

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**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**

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**Supplement Facts**

<table>
<thead>
<tr>
<th><strong>Opti-Heart™</strong></th>
<th><strong>Opti-Immune-VRL™</strong></th>
<th><strong>Opti-Iodine™</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vitamin C</strong> (as ascorbic acid)</td>
<td>100 mg</td>
<td>100 mg</td>
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<td><strong>Vitamin E</strong> (as alpha-tocopherol)</td>
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<tr>
<td><strong>Magnesium</strong> (as magnesium citrate)</td>
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</tr>
<tr>
<td><strong>Selenium</strong> (as selenium yeast)</td>
<td>5 mg</td>
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<tr>
<td><strong>Whole Food Cultured Media Blend</strong></td>
<td>241 mg</td>
<td>241 mg</td>
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</table>

**Other ingredients:** Gelatin Capsules, Microcrystalline Cellulose, Silica, Calcium (Citrate)
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

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

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

For more info, visit www.ohs4life.com
Opti-Mito-Force™

**Mitochondrial Support that Includes PQP**

Mitochondria are known as the powerhouses of the cell. They turn nutrients into energy. PQP’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

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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

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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
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
- Fluoride
- Iron
- Natrum
- Fluoratum
- Phenol
- Ammonium
- Nitricum
- Anilinium
- Benzinum
- Carboneum
- Chloratum
- Naphthalinum
- Natrum Nitricum
- 20% Alcohol
- Purified Water

$55.00 - 2 fl oz

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

For more info, visit www.ohs4life.com
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

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

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 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

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<tr>
<th>Serving Size: 2 Vegetarian Softgels</th>
<th>Servings Per Container: 30</th>
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</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Vitamin D3 (Cholecalciferol &amp; Algae)</td>
<td>7000 IU**</td>
</tr>
<tr>
<td>Vitamin A (Vitamin A Palmitate &amp; Algae)</td>
<td>5000 IU**</td>
</tr>
<tr>
<td>Vitamin K2 (MK-7)</td>
<td>100 mcg**</td>
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<tr>
<td>Vitamin K1 (Phytonadione)</td>
<td>25 mcg**</td>
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**Daily value not established.

Other Ingredients: Vegetarian Softgel, Algae Oil

Supplement Facts

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<th>Serving Size: 3 Veggie Capsules</th>
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<tbody>
<tr>
<td>Amount Per Serving</td>
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<tr>
<td>Magnesium (as Magnesium Glycinate)</td>
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**Daily Value not established.

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

Supplement Facts

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<tbody>
<tr>
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<tr>
<td>P-5-P (Pyridoxal-5-Phosphate) / Coenzymated B-6</td>
<td>40 mg 2.353% Daily Value</td>
</tr>
<tr>
<td>Proprietary Whole Food Cultured</td>
<td>5 mg **</td>
</tr>
<tr>
<td>Media Blend</td>
<td></td>
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<tr>
<td>Yeast, Pea Protein</td>
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</tr>
<tr>
<td>Organic Fruit &amp; Vegetable Blend</td>
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<tr>
<td>Wild Blueberry, Apple, Raspberry, Strawberry</td>
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</tr>
<tr>
<td>Date, Cranberry, Grape, Orange, Raspberry Seed, Red Pepper, Currant, Blackberry, Blueberry, Lettuce, Cinnamon, Broccoli, Cucumber, Parmesan, Beet, Black Currant, Onion, Millet</td>
<td></td>
</tr>
<tr>
<td>Probiotics: L. Plantarum, Lactobacillus Acidophilus DDS-1™, B. Bifidum, Lactobacillus Bulgaricus, Bifidobacterium Bifidum, Lactobacillus Salivarius, Lactobacillus Leaci, Streptococcus Thermophilus, Bifidobacterium Lactis</td>
<td></td>
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<tr>
<td>Plant Enzymes: Amylase, Protease Blend, Pepsin, Lipase, Invertase, Cellulase, Lactase, Maltase, Phytase</td>
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</tbody>
</table>

**Daily value not established.

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

Other Ingredients: Microcrystalline Cellulose, Silicon Dioxide.

For more info, visit www.ohs4life.com
**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

**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

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**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

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**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

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**Essential | Essential Nag Redux**

**To Help the Reduction of Nagalase for Immune Support**

Essential Nag Redux uses nutrients, including specific phytoneutrients 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

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**Essential | Whole Food Resveratrol**

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

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**Essential | 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

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**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

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**Essential | Essential Nag Redux**

**To Help the Reduction of Nagalase for Immune Support**

Essential Nag Redux uses nutrients, including specific phytoneutrients 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

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**DIETARY SUPPLEMENT**

*2 Fl oz. (60 ml)*

**B -12**

**High Potency**

**Vitamin B-12 Complex**

*by Dr. Harris*

**Methylation Essentials**

**LOT #0194A  /  DOM: 06/20**

Free of: Yeast, Wheat, Milk or Milk Derivatives, Lactose, Sugar, Soy, Artificial Color and Flavor.

Distributed By: Optimal Health Systems – Pima, AZ 85543

OHS4Life.com – 800-890-4547

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

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Effervescent Wafer</th>
<th>Servings Per Container: 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>500 mg</td>
</tr>
<tr>
<td>Glutathione</td>
<td>500 mg</td>
</tr>
</tbody>
</table>

**% Daily Value**

**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**

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**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)**

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**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**

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**Essential | L-Carnitine**

**Acetyl-L-Carnitine**

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

**$41.00 - 150 gm**

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**For more info, visit www.ohs4life.com**
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This easy-to-understand guide will walk it’s readers through the basics of nutrition, food labels, macronutrients, and how to effectively fuel the body for optimal health.

The days of confusing grocery runs and weight loss frustration will be numbered once you understand the basic rules taught within "Nutrition 101 - The How To's".

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- Double Overcharge Protection
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“The more you crave something, the more your cells vibrate that frequency into reality.”

- Douglas D. Grant