

# Optimal Opti-Cleanse

## • PRODUCT DATA SHEET •

**The Opti-Cleanse formula is the most unique and effective formula for cleansing the bowel and removing unwanted toxins and heavy metals to hit the market. This new revolutionary formula removes these toxins and heavy metals from the body through a different transport system than most “fiber de-tox” formulas.**

Most formulas use a fiber base to push toxins and metals out of the system. Although this can be somewhat effective, you risk the danger of having the toxins and metals re-deposit in the tissues before they are eliminated from the body. Most de-tox formulas don't have a chelating agent that will cling onto the metal or toxin and keep it from binding to another receptor site within the body. Opti-Cleanse takes care of these concerns with a multi-pronged approach.

First, Opti-Cleanse utilizes a special blend of fibers including non-digestible and functional fibers, that are used to surround the metal toxins. A special blend of cellulase and proprietary hemiseb plant enzymes are used to partially digest the fibers to form a fiber gel matrix which enshrouds the metals and transports them out of the system completely without the side effects of a de-tox reaction that so many other products create.

Opti-Cleanse also incorporates two unique binding nutrients that chelate and neutralize the toxins.

The first ingredient is chlorella, which is known for its tremendous cleansing and metal de-toxing effects. Chlorella has been used extensively in Japan as a detoxification agent. It is enclosed by an extremely tough outer cell wall. This cell wall has the ability to bind with heavy metals, pesticides and toxins, such as PCBs, and carry these substances out of the body. Research from the Memorial University of Newfoundland showed that “Heavy metals like cadmium and others are virtually absent at birth but an accumulation over the years has industrial stores of these metals built up in the human system.” In 1984, Drug and Toxicology published a study by Dr. Pore from the University School of Medicine in Virginia, and it showed that chlorella removed heavy toxins from the system twice as fast as a control group. In 1975, Japanese researcher, Hagino et al., found that chlorella increased the excretion of cadmium in individuals suffering from cadmium poisoning. In 1978, researchers gave chlorella bound with cadmium to one group and just cadmium to a second group. The group given the chlorella did not have increased blood levels of cadmium nor did they show signs of growth retardation, thus showing that once chlorella binds with this toxin it would not be given back to the body during ingestion of the chlorella. The difference with our chlorella is that it comes with the necessary enzymes to pre-digest this nutrient to its most active form so that it will be effective immediately within the system.



Some people have taken chlorella in the past with minimal results. In order for chlorella to be utilized by the body, its cell wall has to be broken down. We use nature's own force of enzymes and minerals to do this, which makes it much more effective and safe to use.

The second powerful ingredient was actually created by us in conjunction with Dr. Harvey Ashmead whose company holds over 60 patents on mineral nutrition. This nutrient is a patented form of glutamine. Glutamine is the only amino acid in the world that carries two nitrogen bonds with it. Glutamine's unique structure creates the ultimate nutrient for de-toxing. The problem with most glutamines in supplement form is that they come in the L- form which means "levo-rotatory". They have a left hand spin that creates an unstable molecule. Our Glutamine is chelated on both sides with a Glycine and Magnesium molecule. This stabilized Glutamine "MGG" re-writes the book on utilizing anabolic nitrogen molecules to help cleanse and fortify the body. Glutamine yields beneficial effects on the intestinal mucosa and is also the major metabolic fuel for the small intestine (Naji, 1995; Fox 1996) The Journal of the American College of Nutrition, 1996, 15(3) 195-196 proved that Glutamine was the major link between depletion and diminished gut function. Glutamine stands supreme as the nutrient most utilized by the gut according to the research reported in the Journal of Enteral and Parental Nutrition 1990.

**In summary:**

Opti-cleanse uses a proprietary blend of plant enzymes to partially digest a synergistic grouping of in-soluble and functional fibers to encase toxins and metals. Then the pre-digested chlorella and stabilized Magnesium-Glycyl-Glutamine molecules chelate the toxins and neutralizes them, providing an efficient removal of toxins from the tissues and bowel.

Finally a formula that completely removes toxins/metals from the body without the side effects associated with cleansing.\*

A unique blend of fibers, herbs and minerals to promote peristaltic action and the encapsulation of toxins and metals in a fiber casing to insure safe removal. \*\*\*


**Recommended Use:** As a dietary supplement, start with 1 capsule in the morning and 1 in the evening, or as directed by a health professional. If needed increase 1 capsule every other day until you achieve 2-3 bowel movements per day.

DO NOT EXCEED 6 CAPSULES PER DAY unless directed by a physician.


STORE TIGHTLY CLOSED IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

†Chelated minerals patent #4,830,716  
\*\*Stabilized L-Glutamine (MGG) patent #5,888,553

\*\*\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



Mfg. for OHS  
Mesa, Arizona USA



**OPTIMAL™**  
**OPTI-CLEANSE**

DIETARY SUPPLEMENT **OHS™** 90 CAPSULES

OPTIMAL HEALTH SYSTEMS

**Supplement Facts**

Serving Size 1 Capsule

Amount Per 1 Capsule	% Daily Value
Optimal Cleanse Blend	645 mg *
<i>Psyllium, Beet Root, Oat Bran, Celery Sweet Potato, Apple Pectin, Grapefruit Pectin, Chlorella</i>	
**Stabilized Glutamine (magnesium glycyl glutamine)	10 mg *
Opti-Blend™ Delivery System	10 mg *

\*Daily Value not established.

Other Ingredients: Opti-Blend™ Delivery System (Amylase, Protease I, Protease II, Lipase, Invertase, Maltase, Cellulase, Lactase, Hemisieb, Zinc Amino Acid Chelate, Copper Amino Acid Chelate, Manganese Amino Acid Chelate, Molasses), beet fiber and cellulose.

FRESHNESS AND POTENCY GUARANTEED THROUGHOUT



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