

# Complete Nutrition

## • PRODUCT DATA SHEET •

**Complete Nutrition is the answer for whole food nutrition providing improved health, increased energy, and complete wellness. It has the most nutrient dense forms of carbohydrates, proteins and fats available. It also has the most absorbed, utilized form of whole food vitamins, minerals, stabilized probiotics and plant enzymes. It is dairy free and animal free.**

Take nutrition to the next level! Optimal Health Systems' Complete Nutrition formula is an amazing all-vegetable, soy based protein powder blend created to improve health, increase energy and generate complete wellness.

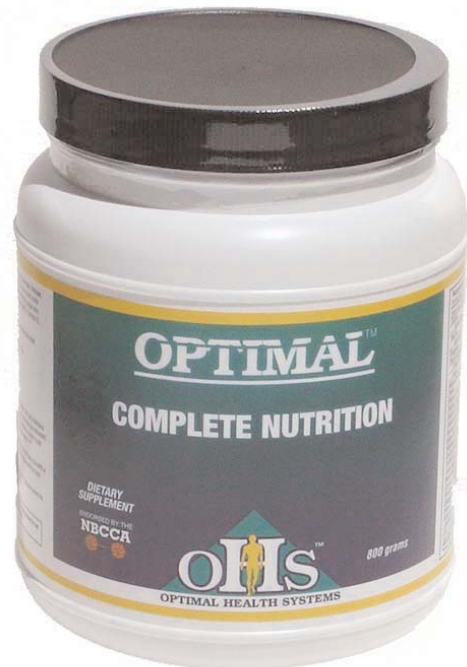
Due to an exciting research breakthrough and a proprietary blend, which includes a non-GMO soy protein along with other vegetable proteins, Optimal Health Systems is the first company to ever make a powder from all-vegetable sources with an amino acid profile that is even better than ion exchanged whey! Our protein blend with SUPRO® Isolated Soy and concentrated Legume vegetable source blend has the highest possible Protein Digestibility Corrected Amino Acid Score (PDCAAS) equal to 1.0. The PDCAAS are superior to other methods for evaluating the protein quality of food proteins for humans because it measures the quality of a protein based on the amino acid requirements of a 2- to 5-year old child (the most demanding age group), adjusted for digestibility.

### Powerful carbohydrate blend

Complete Nutrition is a great source of energy-producing carbohydrates without the fillers or maltodextrin many companies use. This amazing formula contains a powerful carbohydrate blend consisting of Inulin, a special slow-release carbohydrate from vegetables, along with stabilized rice bran.

This unique blend allows for powerful performance and taste without the let down that comes from most carbohydrate sources.

Anyone whose diet is not up to par, who eats fast food on a regular basis, or who has to skip meals because of their busy schedule, can benefit from Complete Nutrition. Complete Nutrition is also extremely effective for athletes and other active individuals who need additional nutrients for high energy and maximum injury protection. Also, people who are sick, who are preparing for surgery, or who want to lose body fat, need the added nutrients they can get from Complete Nutrition.



## Highest Grade Micronutrients

Micronutrients, vitamins and minerals that play specific roles in the body's metabolism, are nutrients found in foods. Through poor food selection and food preparation micronutrients are lost or destroyed. However you can supply them to your body with supplementation. OHS' Complete Nutrition contains the highest grade micronutrients available. Our formula consists of whole food vitamins and organic amino-acid chelated minerals. To aid in quick delivery to the cells, this formula also includes stabilized probiotics, which are friendly bacteria, guaranteed to colonize in the bowel and pure plant enzymes to aid in digestion.

## Opti-Blend

OHS has developed a nutrient delivery system (Opti-Blend™) which employs the research of Dr. Harvey Ashmead and Dr. Edward Howell and assures the best possible cellular utilization of Optimal Health Systems' products. Opti-Blend™ delivery system breaks nutrients down to their most bioavailable level. Bioavailability refers to how available a mineral element is for use by cells in the body. Opti-Blend™ is an enzyme-mineral delivery system that ensures that the nutrients in our products are able to be utilized at the cellular level.



| Supplement Facts   |                 | Servings Per Container 30 |
|--|-----------------|---------------------------|
| Serving Size 1 Heaping Scoop (27g)   |                 |                           |
| Amount per Serving   |                 | % Daily Value*            |
| Calories   | 75              |                           |
| Calories from Fat  | 18              |                           |
| <b>Total Fat</b>   | 2 g             | 4%                        |
| Saturated Fat  | 0 g             | 0%                        |
| Cholesterol  | 0 g             | 0%                        |
| <b>Total Carbohydrate</b>  | 12 g            | 4%                        |
| Dietary Fiber  | 3.6 g           | 14%                       |
| Sugars   | 0 g             | 0%                        |
| Sodium (from soy protein isolate)  | 20 mg           | 2%                        |
| Protein  | 7 g             | 14%                       |
| Vitamin A (100% as beta carotene from natural beta carotene and carrot powder) | 500 IU          | 10%                       |
| Vitamin C (as acerola cherry)  | 6 mg            | 10%                       |
| Vitamin E (as d-alpha tocopherol from seed oil)                                | 3.0 IU          | 10%                       |
| Calcium (as amino acid chelate) †  | 100 mg          | 10%                       |
| Iron (as amino acid chelate) †   | 6 mg            | 33%                       |
| Iodine (from kelp)   | 32 mcg          | 20%                       |
| Magnesium (as amino acid chelate) †  | 40 mg           | 10%                       |
| Zinc (as amino acid chelate) †   | 4 mg            | 26%                       |
| Selenium (as amino acid complex) †   | 30 mcg          | 43%                       |
| Copper (as amino acid chelate) †   | 600 mcg         | 30%                       |
| Manganese (as amino acid chelate) †  | 1 mg            | 50%                       |
| Chromium (as amino acid chelate) †   | 66 mcg          | 50%                       |
| Molybdenum (as amino acid chelate) †   | 27.5 mcg        | 37%                       |
| Potassium (as amino acid chelate) †  | 15.7            | <1%                       |
| Boron (as amino acid chelate) †  | 700 mcg         | **                        |
| Vanadium (as amino acid chelate) †   | 6.5 mcg         | **                        |
| L-Methionine   | 25 mg           | **                        |
| DDS-1 Lactobacillus acidophilus††  | 750 million CFU | **                        |
| Opti-Blend™ Delivery System  | 250 mg          | **                        |

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

FRESHNESS AND POTENCY GUARANTEED THROUGHOUT

Other ingredients: Opti-Blend™ Delivery System, (Amylase, Protease I, Protease II, Peptidase, Lipase, Invertase, Maltase, Cellulase, Lactase, HemiSeb) All vegetable protein blend (soy protein isolate, pea protein, rice protein), rice flour, inulin (FOS), gum arabic, rice bran, soy bean powder (non GMO), flax seed, carrot juice powder, wheat germ flour, grape skin extract, ginger powder, nutritional yeast, Jerusalem artichoke, natural vanilla flavor, soy lecithin (non GMO), Fibersol 2, guar gum. Sweetened with Xylitol, Stevia

Complete Nutrition is a whole food powder endorsed by professional athletes and doctors to provide the most absorbed macro and micronutrients available to the cell. \*\*\*

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