

When nutrients are deficient in our diet, **we lose energy, are more prone to disease and weight gain.**

Even with efforts of eating healthier, research shows that our modern chemical-laden and nutrient-deficient foods don't provide everything our bodies need to reach optimal health.

**Research has revealed that there are 8 needs when it comes to macro and micronutrients.**

**Our bodies need a healthy combination of –**

**Macronutrients:** carbs, proteins, and fats

**Micronutrients:** whole food vitamins, organic minerals, omega fatty acids, plant enzymes, and probiotics

## Getting Daily Essential Nutrients Can Improve:



- Longevity



- Overall health

- Immune system



- Fatigue

- Digestion

- Weight stabilization



- Degenerative diseases

- Nervous system disorders



- Brain function

- Inflammation

## GET YOUR DAILY ESSENTIAL NUTRIENTS

“ When I’m on the go it’s good to know that my body can still get all the benefits that it needs. - John Morse



**ARE YOU READY TO GAIN OPTIMAL HEALTH?**

Optimal Health Systems  
Health Professional Code: \_\_\_\_\_



## THE SECRET IS IN THE BLOOD



Over two decades of bloodwork has revealed the answer to optimal health...

Whole food nutrients delivered pre-digestible to the cellular level.

**Even just a few nutrient deficiencies in your body can lead to a gaping hole in your immune system that allows disease to be cultivated.**

A simple commitment to getting your essential nutrients daily can be the answer.

**Don't take a chance on your health and energy.**



**The Daily Nutrient Essentials Pak contains all the essential micronutrients the body needs to perform it's best.**

When paired with our nutrient-dense powder drink, Optimal Fruit and Veggie Plus, and the raw unprocessed foods you work to increase in your diet, you will receive healthy/clean forms of macronutrients, as well as phytonutrients and antioxidants.

**“ Has kept me healthy for years. I feel confident each day that I'm doing something good for my health.**

- Vonna R.

**“ I've never felt better!! I have more energy and can really feel the difference in my body!**

- Wyatt M.

## **MODERN MEALS WON'T CUT IT**

Research proves our modern foods from current farming methods, production, and preparation deplete our foods of life-generating vitamins and minerals. Our body has a hard time digesting these foods and ends up using stored nutrients to gather in the new nutrients that it can.

## **MAINSTREAM MULTIVITAMINS WON'T CUT IT**

Unfortunately, mainstream multivitamins are composed of synthetic ingredients. Synthetic nutrients are incomplete imitations of what's found in nature, yet they're what's found in most supplement products, but not ours. Optimal Health Systems uses only whole food nutrients.

**When your body doesn't have the necessary nutrients to function properly, it affects your health and longevity.**

Here are just a few examples of the results from nutrient deficiencies:



**OXIDATION** - When your body is not producing enough antioxidants from lack of phytonutrients (fruits and vegetables), molecules grow unstable and attack other healthy cells causing a cascade effect of deterioration to happen. Oxidation in the body is the largest cause of wrinkles, ailing joints, arthritis, heart disease, and even cancer.



**INFLAMMATION** - Nutrient imbalance can lead to serious pain, joint damage, accelerated aging, and organ failure. Even before serious damage occurs, inflammation causes fatigue, swelling, and poor performance both physically and mentally.



**HEART DISEASES** - The human body is not able to produce its own Essential Fatty Acids and the typical American diet does not provide enough of it. You only need several grams per day to maintain optimal EFA levels, maintain energy production, hormone production, oxygen transfer, recovery from fatigue, and much more.

## **BLOOD WORK PROVEN NUTRIENT DELIVERY**

Our formulas are made with our patented blend, proved through blood work studies that it completely digested and delivered all the nutrients in supplement formulas to the cellular level, allowing for results that would normally take months to achieve naturally.

**The Daily Essential Nutrients Bundle includes these products:**

**Whole Food Vitamin and Minerals** - providing the basic needs for the cellular function to keep your body moving

**Digestion** (plant enzymes) - Ensures full digestion and nutrient absorption.

**Essential Fatty Acids** - Helps fight off degenerative diseases and promotes healthy skin

**20 Billion CFU Probiotic Blend** - Creates good gut bacteria to strengthen your immune system and reduce sugar cravings.

### **Fruit and Veggie Plus**

Backed by 9 govt. approved claims from Human Clinical Research Studies. This formula has been proven to balance out the five major types of free radicals through the help of phytonutrients (what makes it possible for your body to create antioxidants).

## **GET YOUR DAILY ESSENTIAL NUTRIENTS**

Instead of carrying multiple bottles around or spending the time to fill your plastic pill organizers, we've packaged these daily essentials supplements into convenient tear-away packets.

Drink with the nutrient equivalency to 15 servings of antioxidants from fruits and vegetables in every scoop of Optimal Fruit & Veggie Plus.

\* Statements have not been evaluated by the Food and Drug Administration. The products are not intended to diagnose, treat, cure, or prevent any disease.