

Opti-Methyl-B

Why This Supplement?



Opti-Methyl-B is essential for those with impaired methylation, a process vital for over 200 bodily functions, including DNA regulation and hormone balance. Our high potency, methylated B vitamins ensure optimal methylation, which is critical for overall wellbeing and preventing disease.

What Sets Us Apart?

Just like your Health Professional, Optimal Health Systems cares about patients, which is why we exclusively create supplements with nutrients derived from whole foods—not cheap, synthetic alternatives. Rest easy, knowing you're getting the best nutrition possible.

The Results!

Opti-Methyl-B facilitates the methylation process, safeguarding against endocrine and metabolic diseases. A comprehensive blend of B vitamins supports DNA regulation, genetic expression, and nutrient utilization for improved mental clarity, energy, and overall health.

Quick Facts!

- Opti-Methyl-B delivers a therapeutic dose of methylated B vitamins, addressing deficiencies and promoting efficient methylation.
- Methylation is crucial for serotonin production and utilization of various nutrients, preventing dormant states and supporting mental well-being.



Dosing

Take 2 capsules twice daily, or as directed by a health professional

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 DFE/ 1200 mcg Folic Acid	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 Acidophilus DDS-1™**, Bacillus Coagulans, Lactobacillus Bulgaricus, Bifidobacterium Bifidum, Lactococcus Salivarius, Lactococcus Lactis, Streptococcus Thermophilus, Bifidobacterium Lactis.		
††Opti-Blend™ Delivery System:	10 mg	***
Amylase, Protease, Serratiopeptidase, Lipase, Invertase, Cellulase, Lactase, Diastase, Phytase.		
Molasses	5 mg	***
***Daily value not established.		

Other ingredients: Rice Flour (Oryza Sativa), Hypromellose (Vegetable Capsule), Rice Hulls (Oryza Sativa), Plant Based Magnesium Stearate, Silicon Dioxide.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

For full details and latest supplement facts, visit:
www.ohs4life.com/metb