

Optimal B.F.F.

(Blood-vessel Flexibility Formula)

The Ultimate Defender Against Disease

Turn your health around in minutes with...

**A Huge Boost of Methylation,
Anabolism, & Nitric Oxide**

**Dramatically Increase
Blood Vessel Flexibility
and Blood Flow**



***Relief and restored vitality
for your entire body***

One powerful formula with game-changing ingredients proven to restore artery health, thus restoring youthful blood flow and protecting you from related diseases.

- **Huge Nitric Oxide boost**
- **Results with just one dose**
- **Stop muscle loss**
- **Natural energy**
- **Effective at any age**

INSIDE:

- Facts & Figures About Nitric Oxide
- Warning signs of poor circulation
- Importance of methylation
- How to create anabolism (muscle)
- How natural energy nutrients promote healthy circulation

Doctors Love backing Nitric Oxide because the research is so solid that the three researchers who discovered nitric oxide and its role in the body **won the Nobel Prize**

Most adults over age 40 don't produce enough Nitric Oxide (N-O).

We experience telltale early signs via:

- Poor circulation
- High blood pressure
- Brain fog
- Achy joints
- Cold hands and feet
- Numbness
- And more

Chronic low N-O levels manifest as:

- Coronary artery disease
- Pulmonary disease
- Nervous system issues
- Raynaud's disease
- Kidney damage
- Hypertension
- Stroke
- And so on

Nitric Oxide was named the molecule of the decade because it increases blood flow and vascularity. Creatine Nitrate uses nitrates in foods, along with Creatine in a molecule to dramatically boost N-O. Because of this moniker, we've included test strips that measure N-O levels. You can see the difference for yourself, instead of just taking our word for it. Read on to see why N-O is such a big deal!

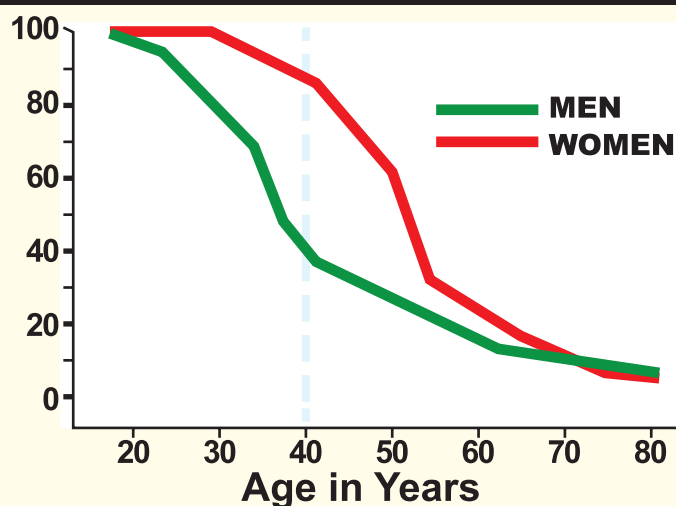
Research shows N-O levels start dropping in your 30's, meaning it's down 75% by your 70's

Nitric Oxide (N-O) is a gas produced in every tissue and organ in your body, specifically in the lining of your blood vessels.

N-O triggers a chemical reaction that tells arteries to relax, which leads to increased oxygen and blood flow.

Poor circulation leads to so many health problems because blood is what transports oxygen, nutrients, water, and hormones all over your body. Reversing this with N-O is the simple, safe, and effective approach. It helps boost oxygen levels, which means energy levels go up, ensures nutrient and delivery, which means faster repair and excellent recovery, and your risk of multiple health issues just about vanishes.

% Decline in N-O Production



Don't ignore the early warning signs of disease and low N-O.

They may be your ONLY signs...

Part of the aging process means a steady decline in many bodily functions and processes, including circulation. Research shows that blood flow starts declining by your thirties, healthy or not.

So, the poorer your health, the faster the decline. Poor circulation makes you prone to a gradual buildup of plaque in your arteries. It's so gradual that it can take decades before you notice what's happened--usually in the form of a heart attack.

Statistically, that's the only warning most people ever get.

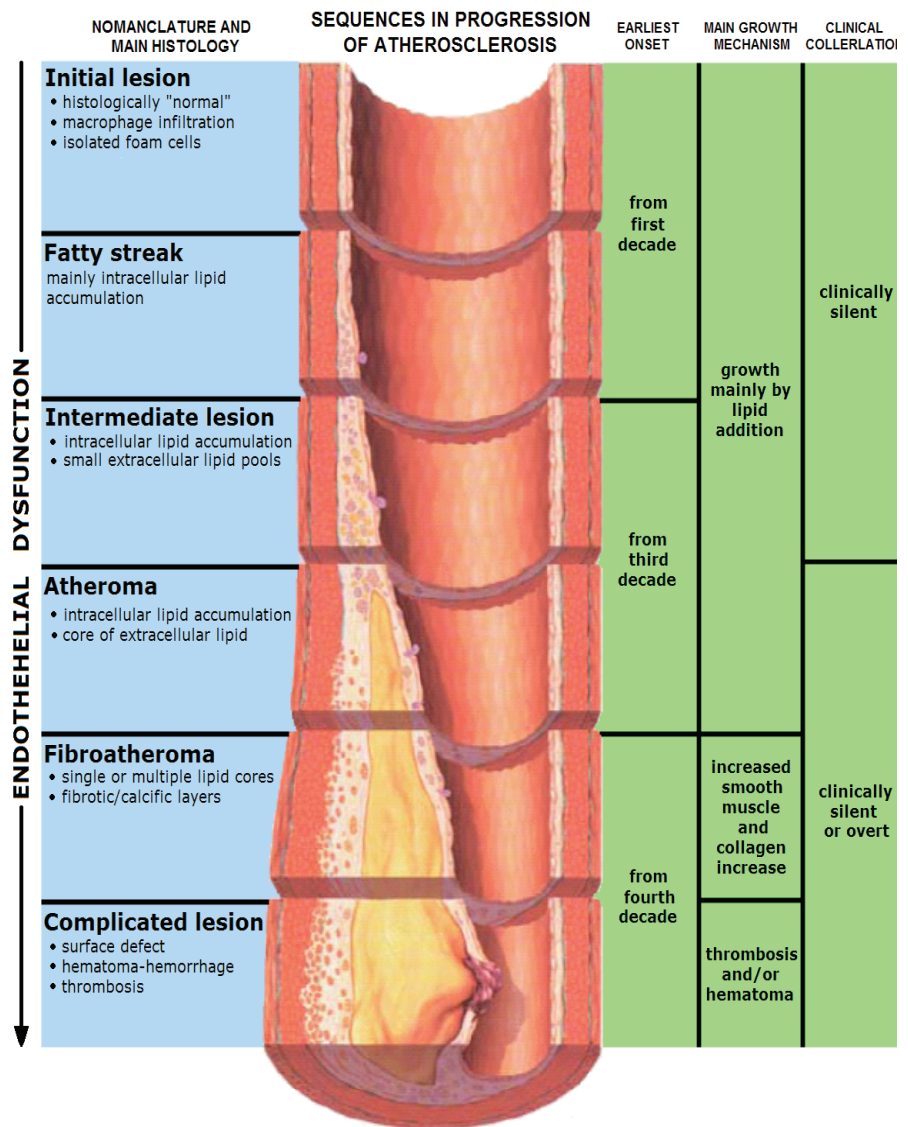
Your body depends on your circulatory health when it comes to getting enough oxygen. Perhaps the most important thing your body needs is oxygen, so this isn't just a blood flow issue. If your cells don't receive an adequate supply of oxygen, you're not going to reach or maintain optimal health no matter what you do.

Most notice an improvement after the very first dose!

You can turn this situation around by supplementing with nutrients that boost nitric oxide.

“In more than 50% of people with heart disease, a sudden, unpredicted, deadly heart attack is the first sign of heart disease.”

-Nathan Bryant, Ph.D., Author, *The Nitric Oxide (NO) Solution*



How Nitric Oxide (N-O) Works

When a river's flow encounters obstacles, the surrounding area suffers. Too little flow and everything downstream of the clog dies off.

When your blood doesn't flow freely, your body undergoes similar die-off. Without adequate blood flow, your body doesn't receive the oxygen and nutrients it needs to flourish. It slowly withers like a dying plant.

When your body senses sluggish blood flow, it tells your heart to pump harder. The poorer the flow, the harder your heart works, and the higher your blood pressure. If this vicious cycle goes on too long, you suffer cardiac events. There's no telling when your heart will finally give out, but give out it will if you don't do anything about it.

You may be able to divert your health away from such an impending disaster by giving your body the nutrients it needs to clear out plaque buildup and restore optimal blood flow. The ingredients in Optimal B.F.F. do just that, and start working quicker than you might think.

You may experience anything from an energy boost, warmer extremities, or even better focus. It varies from person to person, depending on where the problem areas are, but everyone will experience dramatic improvement in circulation after boosting Nitric Oxide.

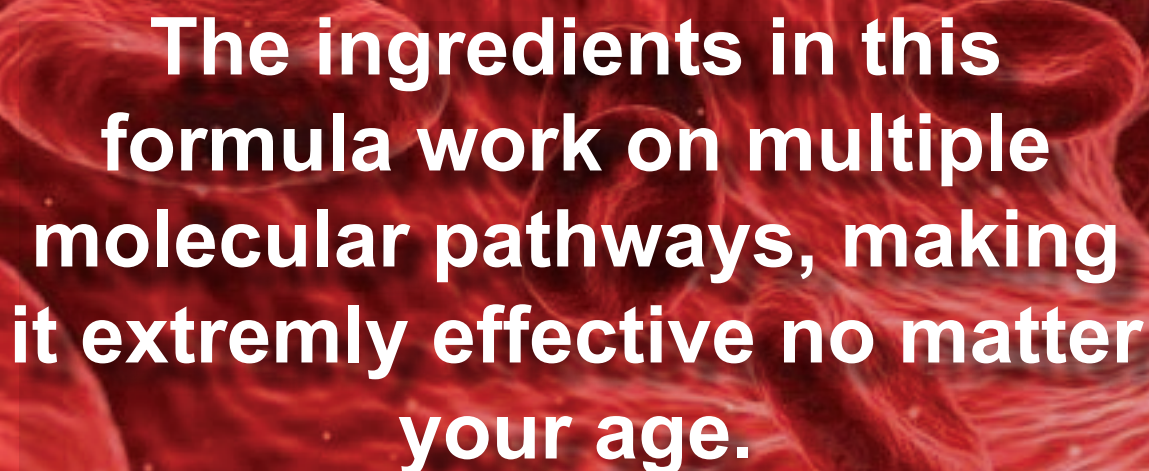
You know how food either gives you immediate energy, or stores it for later use? Like how chocolate gives you a sugar rush, but athletes will eat a pasta dinner the night before a game? Well, N-O is the nutrient equivalent of a sugar rush without the side effects. Your body can't store it, and it doesn't last long in your system.

Now, most N-O is produced from an amino acid called L-Arginine, BUT the catch is, as you age, your body doesn't produce as much. So, although Arginine and Citrulline are great at helping with Growth Hormone, it isn't always effective at boosting N-O as we age, and there are more powerful nutrients available, and you can prove it with a simple test.

The nutrients in Optimal B.F.F. help boost nitric oxide levels in your endothelium within the lining of your arteries and blood vessels.

The synergistic nutrients trigger your arteries to relax and become more flexible, which means restoring healthy blood flow and clearing out plaque hardening and stiffening your arteries.

To help your blood flow mightily with N-O levels, it needs help from many nutrients: creatine nitrate, anthocyanins, and other antioxidants. You see, N-O has a lifespan of about one second, so it needs all the help it can get to ensure full efficacy.



The ingredients in this formula work on multiple molecular pathways, making it extremely effective no matter your age.

The Three Facets of Flexible Blood Vessels & Great Blood Flow

1: Nitric Oxide

Natural Vasodilators from Fruits, Vegetables & Creatine Nitrate

If blood flow's weakest point is near your heart, it develops into coronary artery disease. If it's around your lungs, then it's pulmonary disease. Or if blood struggling to reach your brain, you're well on your way to getting a stroke. The list goes on and on.

No matter the problem area when it comes to poor circulation, nitric oxide levels are almost always low.

Food nitrates are perhaps the most important nutrients you can give your body to boost N-O levels and turn your health around. Optimal B.F.F. works its magic to boost N-O dramatically to ALL organs, meaning it can function as a natural Viagra, since said drug works off increased blood flow by increasing N-O levels.

Not only do bodybuilders and athletes boost N-O for improved vascularity, performance, and circulation, it works quickly and is non-hormonal, meaning it's safe to use consistently.

Nitrates like the ones found in foods like beets and berries increases blood flow by helping your blood vessels expand.

When your blood is flowing freely, that means every last organ in your body is functioning better...

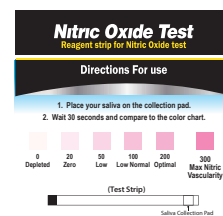
...which in turn means your risk for disease takes a nosedive.

Don't chase around symptoms. Instead, treat your whole body at once and give it the nutrients it needs to heal and maintain optimal health by increasing nitric oxide levels with the most powerful formula we have ever seen.

With all the products on the market making wild claims, who can you trust? NO ONE. To make sure your products work you need proof.

Blood work and other tests can help show whether a formula does what it says or not. In the case of Optimal B.F.F. you don't have to wait that long. You can use the provided strips to test your Nitric Oxide levels in minutes.

Use one strip immediately before taking a dose, and then 2 minutes later, use the second and see the immediate Nitric Oxide boost. When the strip is red, your blood vessels are expanding and blood is flowing better with less pressure on your heart. That means more blood flow with less heart pressure (healthy blood pressure). It's the best of both worlds.



Get In-the-Know on Homocysteine

Homocysteine is a chemical we all have in our blood. However, elevated levels can cause blood vessel irritation, showing an increased risk for atherosclerosis, which can lead to a heart attack or stroke, or blood clots.

You can correct homocysteine levels by eating more antioxidant-rich fruits like the ones found in this formula, which in turn helps increase N-O to levels that can effectively decrease homocysteine. Research shows that both Creatine and nitrate-rich raw fruits and vegetables help lower homocysteine dramatically.

“By decreasing homocysteine production, ... [you] also lower the risk for developing, e.g., coronary heart disease or cerebrovascular disease.”

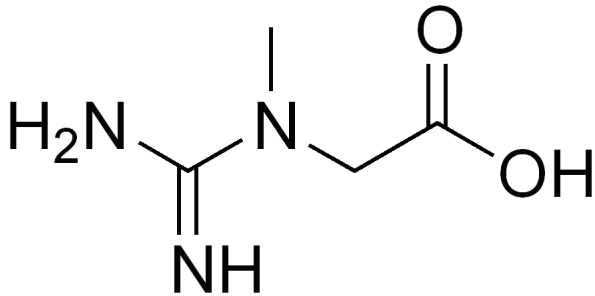
-Wyss M, et al. Neuroscience 2002;112(2):243-60.

2: Methylation & Anabolism

Creatine

Creatine Nitrate can be considered the powerhouse nutrient when it comes to promoting blood vessel flexibility and excellent blood flow. In addition to helping your body produce N-O, it's an excellent catalyst for promoting methylation and anabolism.

Creatine Nitrate blows other nutrients out of the water when it comes to boosting N-O levels & providing methyl donors. Methylation is a process that adds select molecules to various components of proteins, DNA, and so on so they all function correctly and efficiently. A great example is serotonin, the feel-good



brain chemical. If not methylated, it becomes dormant and leads to depression and anxiety. Creatine donates the select molecules your body needs to promote methylation.

Methylation is a vital metabolic process that happens in every cell and every organ of our body. Life would not exist without it.

These normal reactions occur billions of times every second but, like N-O levels, it decreases as you age. So, if you improve methylation, you improve function and overall health and wellness. Make this easier by pumping yourself with an effective dose of Creatine.

Hundreds of studies show the benefits of Creatine:

- Increased muscle strength & size
- Enhanced recovery
- Improved speed performance
- Enhances brain function

Methylation is hugely important when it comes to the brief life span of N-O.

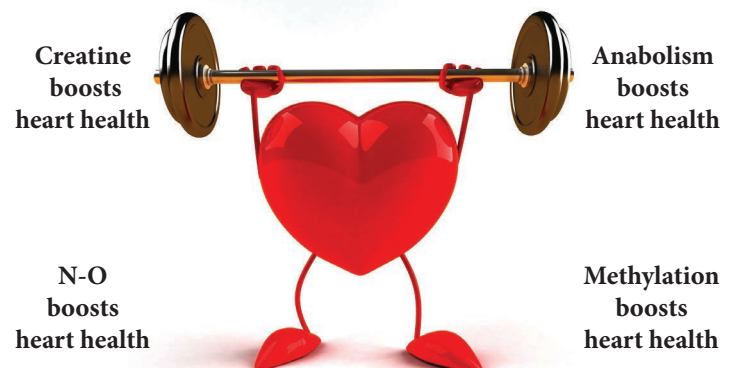
And remember, your body can't store N-O like it can other nutrients, so you have to create a biological environment for N-O to last long enough to get your arteries and blood vessels to relax and let blood flow. Anabolism is the scientific term for the biological state of muscle growth. Your body is constantly breaking things down and building back up. However, when it comes to muscle, it's easy for the body to consider muscle mass expendable for the sake of creating energy. This leads to weakness, poor posture, slower metabolism, and lowered immunity.

Creatine is a key nutrient when it comes to promoting muscle strength. Since your heart doesn't take a break and is made up of muscle tissue and a network of blood vessels, you want your heart to stay strong and healthy.

Creatine has been proven to act as an antioxidant, promote proper muscle pH, and help with hydration at the cellular level, three things your body needs to repair and grow muscles, thus stay strong and keep your heart healthy.

Methylation and anabolism go hand-in-hand, which is why Creatine is insanely popular in the fitness and athletics world. Creatine provides the nutrients necessary to promote methylation, which in turn promotes strong muscles. This cycle leads to better blood vessel flexibility, better blood flow, and a healthy vascular system. And with all that being healthier...

...your risk for dozens of diseases takes a sharp drop when methylation and anabolism occur.



3: Antioxidants

Total Protection from Free Radicals

The ingredients that boost the nutrients in this formula to rock star status are the antioxidants from 35 fruits and vegetables per chewable. These fruits are full of nitrates, which are converted into N-O in your body. The antioxidants also protect N-O molecules from free radicals, helping prolong the boost and increase the formula's efficacy.

Bearing the need for antioxidants in mind, 100 mg of antioxidant-rich phytonutrients are packed into every chewable, ensuring N-O molecules are fully protected from all five types of free radicals. This means seriously cutting down on free radicals in your blood and arteries.

N-O is a free radical magnet because oxygen is present. Free radicals love to steal the very breath from cells and tear them apart. You can't entirely get away from them. They're a part of life.

Since N-O excels at attracting free radicals, it needs a strong line of antioxidants ready to defend it.

In order for that defense to be strong, it needs to be able to neutralize all five free radicals: Peroxyl, Hydroxyl, Peroxynitrite, Superoxide Anion, and Singlet Oxygen. Yes, they have big, crazy names, but they can deal damage that matches their namesake. To beat such a foe and keep N-O alive long enough to be effective, you need powerful, proven fruits and vegetables like the ones in Optimal B.F.F.

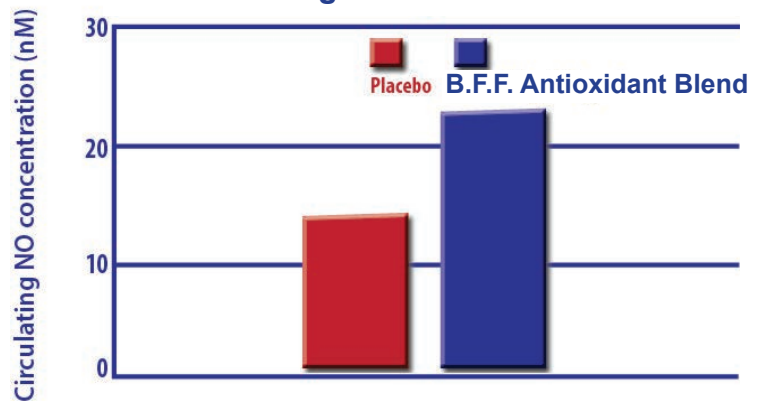
This formula contains 35 fruits and vegetables picked at the pick of ripeness, like pineapple, strawberry,

noni, coffee berry, broccoli sprouts, acerola cherry, camu camu, and more. Also, organic juices, like raspberry, cranberry, strawberry, blackberry, and carrot, are added for their high ORAC value. All these ingredients remain completely raw with all their enzymes, vitamins, and minerals intact.

Can the benefits of including antioxidant phytonutrients be overstated? No.

The antioxidant blend in this formula boosts N-O levels dramatically!

Optimal B.F.F.'s antioxidant Blend Increases Circulating N-O Concentration



This study showed that N-O levels are increased quickly and up to double after a single dose of the antioxidant blend found in Optimal B.F.F. Don't take our word for it. Test for yourself with N-O strips by placing the test end of one on your tongue before taking Optimal B.F.F., take a full dose and wait two minutes before using a second strip. See the difference right then and there!

Free Radical	Oxidative Damage it Causes
Peroxyl	Lipid peroxidation, cardiovascular disease, atherosclerosis, heart disease, etc.
Hydroxyl	DNA damage, cancer, autoimmune diseases
Singlet Oxygen	Eye tissue, nerves and blood flow damage, macular degeneration, eye diseases
Peroxyl-Nitrite	Neurodegenerative diseases, like Parkinson's and Alzheimer's
Superoxide Anion	Energy, metabolism and muscle loss, mitochondrial diseases

Optimal B.F.F.

**Game-Changing Nutrients
to Restore Blood Vessel Flexibility & Blood Flow**

We believe Optimal B.F.F. is the most advanced blood vessel flexibility formula, combining nitrates from creatine nitrate, fruits and vegetables to create a fountain of Nitric Oxide in your endothelium and an army of antioxidants to protect N-O. On top of that, the promotion of methylation from creatine helps slow the aging process and keep cellular processes at optimal functioning, along with stopping muscle loss and keep you strong.

This formula also contains natural caffeine from green tea to help perk you up and further aid disease-preventing circulation. All together this means:

***One powerful formula
with over 50 game-changing
ingredients proven to restore
artery health, thus restoring
youthful blood flow and
protecting you from
related diseases.***

Nutrition Facts

Serving Size: 3 Chewable Tablets Servings 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.

Other ingredients: Natural Orange Citrus Flavor, Xylitol, Stevia.

Creatine Nitrate, †Nitrate Food Blend:

RAW FREEZE DRIED: Banana, Pineapple, Strawberry, Noni, C. Berry, Broccoli Sprouts, Acerola Cherry, Camu Camu, Tomato, Broccoli, Carrot, Acai, Mangosteen, Spinach, Kale, Brussel Sprouts, Elderberry, Sweet Cherry, Blackberry, Chokeberry, Raspberry.

ORGANIC JUICES: Raspberry, Cranberry, Strawberry, Blackberry, Carrot, Blueberry, Pomegranate, Acai, Cherry, Watermelon.

HERBS and EXTRACTS: Green Tea (Camellia sinensis), Onion, Red Apple, Quercetin, Organic Turmeric, Garlic, Basil, Oregano, Cinnamon, Black Currant, Blueberry.



***With the benefits of all these
ingredients put together, many
have experienced:***

- Increase N-O levels in minutes
- Blood flow like that from the days of your youth
- More oxygen circulation
- Better lung capacity
- Warmer extremities
- Stronger immune system
- Reduced inflammation
- Lower LDL cholesterol
- Healthy aging
- Healthier heart
- Healthier hair and skin

**Get Optimal B.F.F.
1-800-890-4547**

www.OptimalHealthSystems.com

