



Optimal B-Awake



Why This Supplement?




Optimal B-Awake addresses the root cause of low energy. Unlike products loaded with stimulants and caffeine, Optimal B-Awake nourishes while providing sustained energy. It avoids the pitfalls of dependency and adrenal fatigue. When taking Optimal B Awake, you might experience a beneficial niacin flush. This natural response can help reduce LDL cholesterol and triglyceride levels, decrease oxidative stress, and boost good HDL cholesterol.

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

Delivers sustained energy without causing adrenal fatigue, unlike typical caffeinated beverages. A nutrient-rich formula and dosage make it a health conscious alternative, promoting vitality without compromising long-term well-being. Tailor your use for personalized energy support during any time of day.



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Quick Facts!

- Enzymes and Nutrients enhance mental and physical vitality, promoting focus and motivation.
- Sustained energy that energizes without nutrient depletion, unlike traditional caffeine sources.



Dosing

Take 2 capsules with food, as needed in the morning/early afternoon, or as directed.

Supplement Facts

Serving Size: 2 Capsules	Servings Per Container: 45	
Amount Per Serving		% Daily Value
B1-Thiamin (whole food cultured media) [†]	3 mg	250%
B2-Riboflavin (whole food cultured media) [†]	3.4 mg	262%
B3-Niacin (whole food cultured media) [†]	40 mg	250%
B6-Pyridoxine HCL (whole food cultured media) [†]	4 mg	235%
B9-Folate (Folic Acid) (whole food cultured media) [†]	400mcg	170%
B12-Methylcobalamin (whole food cultured media) [†]	31 mcg	1291%
B7-Biotin (whole food cultured media) [†]	300 mcg	1000%
B5-D-Calcium Pantothenate (whole food cultured media) [†]	20 mg	400%
Manganese (Manganese Bisglycinate)**	100 mcg	4%
Mental Clarity Blend: L-Taurine 98%, Green Tea Extract 50% Caffeine (Camellia sinensis), Ginkgo Biloba Leaf, DMAE L-Bitartrate (Dimethylethanolamine) 97%, Rhodiola Crenulata Extract, Choline Bitartrate 98% (41% Choline), L-Tyrosine 98%, Yerba Mate Leaf (Ilex paraguariensis), Acetyl-L-Carnitine HCL >95%, Ginger Root (Zingiber officinale).	875 mg	***
†Whole Food Cultured Media/Opti-Blend™ Delivery System:	15 mg	***
Yeast, Pea Protein. VITAMINS: B1 (Thiamine HCL), B2 (Riboflavin), B3 Niacin (niacinamide), B6 (pyridoxine HCL), B9 Folate(Folic Acid), B12 (Methylcobalamin), B7 Biotin, B5 (D-Cal-Pant).		
Fruits/Vegetables/Whole Foods: Wild Blueberry, Apple, Raspberry, Strawberry, Oat Bran, Cranberry, Grape, Orange, Raspberry Seed, Red Pepper, Carrot, Blackberry, Bilberry, Tart Cherry, Cinnamon, Broccoli, Cucumber, Pomegranate, Beet, Black Currant, Okra, Wild Yam.		
Stabilized Probiotics: L Plantarum, Lactobacillus Acidophilus DDS-1****, Bacillus Coagulans, Lactobacillus Bulgaricus, Bifidobacterium Bifidum, Lactobacillus Salivarius, Lactococcus Lactis, Streptococcus Thermophilus, Bifidobacterium Lactis.		
Plant Enzymes: Amylase, Protease I, Protease II, Serratia Peptidase, Lipase, Invertase, Cellulase, Lactase, Malt Diastase, Phytase.		
Molasses	5 mg	***

***Daily Value not established.

Other ingredients: Hypromellose (Capsule), White Rice Flour (Oryza Sativa), Plant Based Magnesium Stearate, Rice Hull Concentrate (Oryza Sativa), Zinc Bisglycinate Chelate**, Copper Bisglycinate Chelate**, Rice Maltodextrin.

*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:
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