

## Optimal Complete Performance

### Why This Supplement?



Optimal Complete Performance has unparalleled taste, whole-food nutrition, and protein efficiency. It provides optimal amino acid utilization, ensures cellular nutrient delivery and digestive harmony, and doubles as a meal replacement—making it the top choice for holistic, adequate performance support.

### 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

Complete Performance™ is for the athletic-minded individual who understands the importance of quickly replenishing the body with nutrients immediately following carbohydrates to the liver for energy; fatty acids to the brain and joints for mental clarity and smooth movement; and proteins to the muscles for strength-building and calorie-burning performance.

### Quick Facts!

- Beyond its health benefits, Optimal Collagen Plus stands out for its ability to retain a sweet cake flavor when used in baking, providing a tasty and versatile protein option.
- Carefully predigested for optimal absorption, this protein powder ensures complete utilization of amino acids without causing bloating or indigestion



### Dosing

Take 2 level scoops with 12–16 oz. of water or other healthy liquid. Mix thoroughly and drink.

### Supplement Facts

Serving Size: 50 grams (2 scoops)			Servings Per Container: 30		
Amount Per Serving		% DV	Amount Per Serving		% DV
Calories	200		B6 Pyridoxine	1 mg	50%
Calories from Fat	34		(82%) (Whole Food Cultured™)		
Total Fat	4 g	6%	B9 Folic Acid as Folate	265 mcg	66%
Saturated Fat	2 g	10%	(96%) (Whole Food Cultured™)		
Total Carbohydrate	24 g	9%	B12 Methylcobalamin	4 mcg	67%
Dietary Fiber	2 g	10%	1% (Whole Food Cultured™)		
Sugars (natural)	12 g	***	B7 Biotin	200 mcg	67%
Sodium	300 mg	13%	(1%) (Whole Food Cultured™)		
Protein	20 g	29%	B5 Pantothenate Acid	6 mg	60%
Vitamin A	3200 IU	64%	(95%) (Whole Food Cultured™)		
Betacarotene 20% (Whole Food Cultured™)			Calcium	154 mg	15%
Vitamin C	41 mg	68%	(D-Malate 30%, AAC 20%, D-Calcium Pant.)		
Ascorbic Acid 99% (Whole Food Cultured™)			Iodine (as Potassium Iodide)	100 mcg	67%
Vitamin D3	266 IU	67%	Magnesium	43 mg	11%
Cholecalciferol 100,000 IU/g (Whole Food Cultured™)			(MGG Chelate, AA Chelate 20%, Oxide 58%)		
Vitamin E	20 IU	67%	Zinc	10 mg	67%
Tocopherol Acetate 500 IU/g (Whole Food Cultured™)			(Zinc Amino Acid Chelate 20%)		
Vitamin K	53 mcg	66%	Selenium	46 mcg	66%
Phytonadione 1% (Whole Food Cultured™)			(Selenium AAChelate 1%)		
B1 Thiamine	1 mg	63%	Copper	1.25 mg	63%
(78%) (Whole Food Cultured™)			(Copper AA Chelate 10%)		
B2 Riboflavin	1 mg	59%	Manganese	1.25 mg	63%
(95%) (Whole Food Cultured™)			(Manganese Amino Acid Chelate 58%)		
B3 Niacinamide	13 mg	65%	Chromium	80 mcg	67%
(98%) (Whole Food Cultured™)			(Chromium Amino Acid Chelate 2%)		
			Molybdenum	50 mcg	67%
			(Molybdenum Amino Acid Chelate 5%)		
<b>Opti-Blend™ Delivery System</b>				16.67 mg	***
(Amylase, Protease, Peptidase, Lipase, Invertase, Cellulase, Lactase, Maltase).					
<b>PROTEIN:</b> Soy Isolates 90%, Whey Protein Isolate 91%, Milk Protein Isolate 87.5%, Glutamine as Patented Magnesium-Glycyl-Glutamine.					
**Whole Food Cultured Media Blend. ***DV not established.					

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**OTHER INGREDIENTS:** Flavorings (Dextrose, White Chocolate, Natural Vanilla Flavoring, Birchwood (Xylitol), Salt, Monk Fruit Lichuan Juice Extract). **FATS:** Oil Powder Blend (Sunflower Oil Powder, MCT Oil Powder, Canola Oil Powder), and OHS's exclusive Opti-Blend™ Delivery System consisting of potent plant enzymes guaranteeing absorption at the cellular level.

\*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/bsp](http://www.ohs4life.com/bsp)