

## Optimal Defense

### Why This Supplement?



Optimal Defense offers a holistic shield against infections. Fortified with proven herbs, anti-microbial colostrum, potent probiotics, and immune-supporting vitamins, it bolsters the body's defenses. This comprehensive formula uniquely addresses stress, gut health, and nutrient deficiencies for robust immune protection. It combines researched herbs like Echinacea Purpurea and Astragalus for proven immune support against viruses.

### 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

Experience strengthened immunity with Optimal Defense. Bolstered by potent herbs, probiotics, and vitamins, it shields against infections, supports gut health, and enhances overall immune resilience. Featuring anti-microbial colostrum and potent probiotics, Optimal Defense strengthens immunity against bacteria, viruses, and fosters a balanced gut flora.

### Quick Facts!

• Formulated with enzymes, vitamins A, B6, C, and zinc, with a focus on stress reduction, gut health, and nutrient support, Optimal Defense empowers the immune system comprehensively.



### Dosing

Take 1-4 capsules twice daily or as directed.

## Supplement Facts

Serving Size: 4 Capsules Servings Per Container: 22

Amount Per Serving % Daily Value

**Colostrum (Milk) (10% IgG)** 300 mg \*\*

**Proprietary Probiotic Blend** 4.5 Billion CFU \*\*  
(*Lactobacillus acidophilus* \*\*\*DDS-1™, 300 mg  
*B. coagulans*, *Lactobacillus bulgaricus*, *Bifidobacterium bifidum*  
*L. salivarius*, *Lactococcus Lactis*, *Streptococcus Thermophilus*,  
*Bifidobacterium Lactis*).

**Echinacea purpurea** 150 mg \*\*

**MGG (Magnesium Glycinate Glutamine)†** 75 mg \*\*

**Astragalus (root) (Astragalus membranaceus)** 75 mg \*\*

**Beta Glucan 80%** 15 mg \*\*

**Proprietary Immune Complex:** 261 mg \*\*  
*Anise Seed (Pimpinella anisum)*, *Elderberry Extract (Sambucus nigra)*,  
*Camellia sinensis*, *Maitake Mushroom (Grifola frondosa)*, *Olive Leaf*  
*Extract (Olea europaea)*, *Oregano Leaf (Origanum vulgare)*, *Shiitake*  
*Mushroom (Lentinula edodes)*, *Turmeric Root (Curcuma longa)*, *Licorice*  
*DGL (Glycyrrhiza glabra)*, *Lemon Balm Extract (Melissa officinalis)*.

**Opti-Blend™ Delivery System** 20 mg \*\*  
(*Amylase*, *Protease*, *Serratia Peptidase*, *Lipase*, *Invertase*, *Cellulase*,  
*Lactase*, *Diastase*, *Phytase*).

**Molasses** 5 mg \*\*

\*\*Daily Value not established.

**Other ingredients:** Rice Flour (*Oryza Sativa*), Hypromellose (Capsule), Rice Hull Concentrate (*Oryza Sativa*), Plant Based Magnesium Stearate, Patented Organic Zinc, Copper and Manganese†.

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