

# Optimal Digest-A-Meal

## Why This Supplement?



Optimal 1 Digest-A-Meal revolutionizes digestion with plant-based enzymes, aiding in efficiently breaking down modern, denser foods. Digest-A-Meal ensures optimal nutrient absorption, promoting holistic health by harnessing organic minerals and stabilized probiotics.

## 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

Our No. 1 Selling Digestive aid for over 20 years, Optimal Digest-A-Meal supplies pure plant enzymes, friendly bacteria, and specific balancing organic minerals to give you precisely what you need for complete digestion, absorption, and metabolism. Beyond digestion, the formula influences health conditions like arthritis, gout, allergies, diabetes, and heart disease, enhancing cellular nutrient delivery and prioritizing natural digestion.

## Quick Facts!

- Tailored for modern diets, our formula features plant-based enzymes, addressing the root cause of digestive issues for optimal digestion.
- Specialized enzymes target proteins, carbs, fats, gluten, and dairy, catering to diverse dietary needs and promoting holistic digestive health.



## Dosing

Take 1-2 capsules before each meal or as needed.

## Supplement Facts

**Serving Size: 2 Capsules / Servings Per Container: 45**

Amount Per Serving	% Daily Value
<b>Proprietary Plant Enzyme Blend</b>	150 mg **
Dipeptidyl Peptidase IV:	125,000 AU
Proteases, Amylases, Lactase, Alpha-Galactosidase, Bromelain, Papain, Lipase, Cellulase.	
<b>Amylase</b> ( <i>Aspergillus Oryzae</i> )	50 mg (4,250 DU) **
<b>Invertase</b> ( <i>Saccharomyces cerevisiae</i> )	1 mg (170 SU) **
<b>Diastase</b> ( <i>Aspergillus Oryzae</i> )	1 mg (21.25) DP **
<b>Aloe Vera Leaf</b> (naturally containing Copper, Zinc, Manganese)	50 mg **
<b>Patented Stabilized Heat Resistant Probiotics</b>	10 mg **
( <i>Lactobacillus acidophilus</i> DDS-1™, <i>Bacillus coagulans</i> , <i>Lactobacillus bulgaricus</i> , <i>Bifidobacterium bifidum</i> , <i>Lactobacillus salivarius</i> , <i>Lactococcus lactis</i> , <i>Streptococcus thermophilus</i> , <i>Bifidobacterium lactis</i> ).Z	50 Million CFU

\*\*Daily Value not established.

Other ingredients: Rice Flour (*Oryza Sativa*), Vegetable Capsule (HPMC & water), Rice Hulls (*Oryza Sativa*), Plant Based Magnesium Stearate.

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