

# Optimal Fruit & Veggie

## Why This Supplement?



Optimal Fruit and Veggie Plus harnesses the power of phytonutrients—natural plant compounds that defend against diseases. Packed with antioxidants, it fights free radicals, promoting overall health and disease prevention. Each serving delivers over 13 times the antioxidant potency of the average American's daily intake, promoting optimal well-being.

## 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 reduced inflammation, improved joint health, enhanced mental clarity, and increased energy. The formula's phytonutrients combat oxidative stress, supporting heart health and potentially adding quality years to your life. Phytonutrients combat various free radicals like peroxy, superoxide, and hydroxyl radicals, promoting overall health and longevity.

## Quick Facts!

- Optimal Fruit and Veggie Plus significantly reduces systemic inflammation, alleviates pain, enhances physical performance, and supports organ health.



## Dosing

Take 1 level scoop with 8oz. of water or other healthy liquid. Mix thoroughly and drink.

## Supplement Facts

Serving Size: 1 scoop (15g)

Servings Per Container 30

| Amount Per Serving        | % Daily Value** |               |
|---------------------------|-----------------|---------------|
| <b>Calories</b>           | <b>60</b>       |               |
| Calories from Fat         | 6               |               |
| <b>Total Fat</b>          | <b>&lt;1 g</b>  | <b>1%</b>     |
| Saturated Fat             | 0 g             | 0%            |
| <b>Cholesterol</b>        | <b>0 mg</b>     | <b>0%</b>     |
| <b>Sodium</b>             | <b>2 mg</b>     | <b>&lt;1%</b> |
| <b>Total Carbohydrate</b> | <b>12 g</b>     | <b>5%</b>     |
| Dietary Fiber             | 3 g             | 9%            |
| Sugars                    | 5 g             | 5%            |
| <b>Protein</b>            | <b>&lt;1 g</b>  | <b>**</b>     |
| <b>Vitamin A</b>          |                 | <b>14%</b>    |
| <b>Vitamin C</b>          |                 | <b>50%</b>    |
| <b>Calcium</b>            |                 | <b>&lt;1%</b> |
| <b>Iron</b>               |                 | <b>3%</b>     |

\*\*Percent Daily Values are based on a 2,000 calorie diet

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

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

**HERBS and EXTRACTS:** Camellia Sinensis, Onion, Red Apple, Quercetin, Organic Turmeric, Garlic, Basil, Oregano, Cinnamon, Black Currant, Blueberry.

**FLAVORINGS:** Natural Banana, Pineapple, Stevia Plant, Xylitol (natural polyol) and Fruit Citric Acid.

**Sub Ingredients:** less than 1% for flow and stabilization of organic and natural maltodextrin and natural silica.

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