

Optimal Iron

Why This Supplement?



Optimal Iron is designed to combat widespread iron deficiency globally, offering a crucial mineral essential for vitality. With a blend promoting superior assimilation, it supports overall health by aiding oxygen transport and enhancing immune and nervous system functions.

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

Revitalize your well-being with this formula, combating iron deficiency for enhanced energy, immune support, and nervous system function. Its potent blend ensures optimal oxygen transport, promoting vitality and overall health. Embrace a life filled with increased vigor and well-rounded wellness. Optimal Iron also helps with white blood cells and the immune and nervous systems.

Quick Facts!

- Iron Glycinate in Optimal Iron, is assimilated 400% more effectively than other iron supplements, ensuring maximum absorption.
- The lowest toxicity levels of any iron available, thus does not cause dangerous side effects.



Dosing

Take 1 capsule 3 times daily with meals or as directed.

Supplement Facts

Serving Size: 1 Capsule

Servings Per: Container 120

Amount Per Serving	% Daily Value	
B9-Folate (as L-5-Methyltetrahydrofolate)	200 mcg DFE	50%
B12 (as Methylcobalamin)	6 mcg	250%
Iron (Glycinate Chelate) [†]	20 mg	111%
Zinc (Bisglycinate Chelate) [†]	460 mcg	4%
Acerola Cherry Juice (Malpighia glabra) (25% Vitamin C)	10 mg	3%
Yeast Flakes (Saccharomyces cerevisiae)	10 mg	*
Carrot Root (Daucus carota)	10 mg	*
Opti-Blend™ Delivery System (Amylase, Protease, Serratia Peptidase, Lipase, Invertase, Cellulase, Lactase, Phytase.)	10 mg	*
Molasses	5 mg	*

*Daily Value not established.

Other Ingredients: White Rice Flour (Oryza sativa), Vegetable Capsule, Rice Hulls (Oryza sativa), Magnesium Stearate, Copper Gluconate, Manganese Bisglycinate Chelate.

*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/iron