

# Optimal Lightning Gummies

## Why This Supplement?



It delivers 100% of essential vitamins and minerals, combating fatigue and aiding various health issues. With a speedy cellular delivery system, organic, real-food ingredients, and a fun gummy form, it's a tastier and more practical choice than synthetic alternatives.

They are packed with 24 essential vitamins and minerals, addressing diverse nutritional needs for comprehensive health 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

Revitalize health, combat fatigue, and fortify immunity with daily essential nutrients. Address deficiencies for enhanced well-being and vitality.

## Quick Facts!

- Delicious gummies made from real food sources, providing a tasty and wholesome experience, suitable for all age groups.



## Dosing

Take 3 gummies daily or as directed.

## Supplement Facts

Serving Size: 3 Gummies (10g)			Servings Per Container: 30	
Amount Per Serving			% Daily Value	
<b>Calories</b>		<b>23</b>		<b>**</b>
<b>Total Carbohydrate</b>		<b>5 g</b>		<b>2%<sup>†</sup></b>
<b>Dietary Fiber</b>		<b>1 g</b>		<b>5%<sup>†</sup></b>
<b>Total Sugars</b>		<b>3 g</b>		<b>**</b>
<b>Includes 2.7 g Added Sugars</b> (from Organic Fruit)		<b>3 g</b>		<b>5%<sup>†</sup></b>
Amount Per Serving			% Daily Value	
Vitamin A	450 mcg RAE	50%		
	/1500 IU			
Vitamin C	90 mg	100%		
Vitamin D3	20 mcg/800 IU	100%		
Vitamin E	11.5 mg	80%		
Vitamin K	120 mcg	100%		
B1-Thiamine	600 mcg	50%		
B2-Riboflavin	500 mcg	40%		
B3-Niacin	8 mg	50%		
B6-Pyridoxine HCL	3.4 mg	200%		
B9-Folate	400 mcg DFE	100%		
B12-Methylcobalamin	3.6 mcg	150%		
B7-Biotin	105 mcg	350%		
B5-Pantothenic acid	4 mg	80%		
Zinc	1.5 mg	15%		
Selenium	25 mcg	45%		
Manganese	200 mcg	10%		
Chromium	35 mcg	100%		

<sup>†</sup>Percent Daily Values are based on a 2,000 calorie diet. **\*\***Daily value not established.

Organic Emblic (Amla, Phyllanthus Emblica) (fruit) Extract, Organic *Sesbania Grandiflora* (leaf), Organic *Psidium Guajava* (Guava fruit & leaf), Organic *Ocimum Sanctum* (Holy Basil leaf), Organic Annatto (fruit & seed), Organic Lemon (peel), Organic *Moringa Oleifera* (Moringa leaf), Organic Beet (root), Organic Broccoli (stalk & flower), Organic Carrot (root), Organic Spinach (leaf), Organic Tomato (fruit), Organic Strawberry (fruit), Organic Cherry (fruit), Organic Blackberry (fruit), Organic Green Bell Pepper (fruit), Organic Brussels Sprout (leaf), Organic Ginger (root), Organic Blueberry (fruit), Organic Garlic (bulb), Organic Raspberry (fruit), Organic Parsley (leaf), Organic Cauliflower (flower & stem), Organic Red Cabbage (leaf), Organic Asparagus (flower & stem), Organic Celery (stalk), Organic Cucumber (gourd), Organic Kale (leaf), Organic Pacran® Whole Cranberry (fruit).  
**Blend:** Organic Apple (fruit, puree concentrate & juice concentrate), Organic Peach (fruit puree concentrate), Organic Tapioca Fiber, Pectin (from apples & oranges) Organic Cranberry Flavor, Organic Purple Carrot juice concentrate (for color), Organic Orange (peel), Organic Rice Meal and Organic Sunflower Oil (for coating)

\*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/vm-gummies](http://www.ohs4life.com/vm-gummies)