

Optimal 2 Whole Food Vitamin - Mineral

Why This Supplement?



A USDA study showed that over 70% of Americans take a multivitamin. However, the AMA concluded that almost all Americans lack key vitamins and minerals. Many people are taking mainstream multivitamins composed of synthetic ingredients. Our bodies don't readily recognize synthetics, which are almost always incomplete forms of the natural version. While our bodies try to figure out what to do with these "vitamins," they absorb nutrients from all over to fill the gaps synthetics leave behind.

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

Optimal 2 Whole Food Vitamin • Mineral contains 24 potent whole food vitamins and patented organic minerals. There are no synthetics present. Each dose contains 100% RDA of essential vitamins & minerals.

Quick Facts!

- Our Whole Food Vitamin minerals are retained at the highest levels and have the lowest toxicity of any mineral in the world.
- no synthetic ingredients.
- Complete delivery at the cellular level like nature intended



Dosing

Take 3 capsules daily preferably with meals, or as directed.

Supplement Facts

Serving Size: 3 Capsules	Servings Per Container: 30
Amount Per Serving	% Daily Value
Vitamin A (Beta Carotene) (Whole Food Cultured) ^{††}	1500 mcg RAE/5000 IU 167%
Vitamin C (Ascorbic Acid) (Whole Food Cultured) ^{††}	60 mg 67%
Vitamin D3 (Cholecalciferol) (Whole Food Cultured) ^{††}	10 mcg/400 IU 50%
Vitamin E (D-Alpha & mixed D-Alpha Tocopherols) (Whole Food Cultured) ^{††}	26.1 mg/39 IU 174%
B1-Thiamine (Thiamine HCL 78%) (Whole Food Cultured) ^{††}	2.34 mg as B1 195%
B2-Riboflavin (Riboflavin 98%) (Whole Food Cultured) ^{††}	2.94 mg as B2 226%
B3-Niacin (Niacinimide) (Whole Food Cultured) ^{††}	20.58 mg as B3 129%
B6-Pyridoxine HCL (80%) (Whole Food Cultured) ^{††}	2.40 mg as B6 141%
B9-Folic Acid (Whole Food Cultured) ^{††}	918 mcg DFE/540 mcg Folic Acid 230%
B12-Methylcobalamin (1%) (Whole Food Cultured) ^{††}	6 mcg as B12 250%
B7-Biotin (1%) (Whole Food Cultured) ^{††}	300 mcg as B7 1000%
B5-Pantothenic acid (90%) (Whole Food Cultured) ^{††}	13.5 mg as B5 270%
Calcium (Calcium Carbonate, Malate, Bisglycinate Chelate)	400 mg 32%
Iron (Calcium Carbonate 19%)	18.24 mg 101%
Magnesium (from Proprietary Blend) (Oxide, Bisglycinate Chelate)	120 mg 29%
Zinc (Bisglycinate Chelate)	15.6 mg 142%
Selenium (Glycinate)	90 mcg 164%
Copper (Copper Gluconate)	1.95 mg 217%
Manganese (Bisglycinate Chelate)	1.92 mg 83%
Chromium (Nicotinate Glycinate Chelate)	150 mcg 429%
Molybdenum (Glycinate Chelate)	75 mcg 167%
Peppermint Leaf (Mentha Piperita)	75 mg **
Spirulina (Arthrospira Platensis) (Algae) ^{***}	75 mg **
Barley Grass Juice (Hordeum Vulgare)	75 mg **
Kelp (Ascophyllum Nodosum) (Algae) ^{***}	30 mg **
Molasses	15 mg **
Opti-Blend™ Enzyme Delivery System ^{††}	15 mg **
Cultured Media ^{††}	15 mg **

^{††}Daily value not established. ^{***}May contain shellfish from sea vegetables

Other ingredients: Hypromellose (Vegetable Capsule), Rice Flour (Oryza Sativa), Plant Based Magnesium Stearate, Silicon Dioxide, Potassium Citrate.

***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/o2vm