

FILL THE NUTRIENT VOID



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Research proves current farming methods, food production, and preparation deplete our foods of life-generating vitamins and minerals. Stress, pollution and other lifestyle and environmental factors further deplete the nutrients needed for health. Even minor deficiencies can affect health and well-being, causing us to age prematurely, get sick more often, recover less rapidly and suffer from many conditions of ill health.

A U.S. Department of Agriculture study found that most Americans are getting well below the Recommended Daily Allowances for most vitamins. Another survey showed that 97% of Americans have some sort of nutritional deficiency.

Humans stayed in good health way before the days of pill popping, so why should you start whole food supplementing in this day and age?

Because things are not like they used to be.

Instead of foraging in the wild, we browse the shelves at our local grocery store. Instead of farmers rotating crops, they work the fields to death and try to stretch the life of their fields by adding chemicals to the soil—the farming version of enriching or fortifying food.

These nutrient deficiencies carry into the very foods we eat, so chances are even that colorful salad isn't forking over the nutrition you expected.

It takes only one nutrient deficiency to damage your entire metabolism. Conditions created by just minor deficiencies in nutrients like Vitamin B, C, D, magnesium, chromium, and calcium can cause a slew of health issues. Signs and symptoms include low immunity, fatigue, depression, weight gain, heart disease, cancer, and far more.

The most common nutrient deficiencies are calcium, folate, iron, magnesium, potassium, vitamin D, vitamin B12, vitamin E, vitamin K2, and zinc. However, you can find a supplement product for every essential vitamin and mineral.

Can you change your diet so it contains all your nutrient needs? Yes but, according to a 2010 study by the International Society of Sports Nutrition, it would come at the steep price of over 25,000 calories. That means you'd gain 4 pounds of fat per day.

Cabbage once contained high amounts of vitamin C. Now, with current growing and processing

Courtesy of



methods, it has none. The protein content of wheat has dropped from 17 percent to only about 9 percent. Even the same foods can vary in nutrient content simply because of growing conditions. One study showed that the vitamin A content in tomatoes can vary from 640 CIU to over 3,000 CIU depending on where they are grown.

Now, you may think you can get along just fine with a minor nutrient deficiency. Think again! Minor deficiencies first manifest themselves as something seemingly insignificant. Your hair may lose its sheen, your fingernails may have ridges or your lips may crack. You may bruise easily or you may feel unusually sluggish in the afternoon. Soon, however, those minor deficiencies can develop into major problems.

Vitamins have been described as “missing keys,” and like a key, “they fit into tiny chemical locks that free the body’s metabolic locks. Each vitamin is a complex organic molecule that fills in specific missing links throughout the body’s chemistry.”

What may begin as a minor symptom can quickly elevate into a significant problem and health concern. They supply the necessary keys to balance and nourish the body, support its hundreds of processes and promote its healing and regeneration.

Minerals help our bodies grow and maintain themselves. They regulate body processes and supply us with energy. If there are only slight changes in the normal mineral composition inside the cell, “the alteration may result in profound physiological consequences.” Minerals provide the medium for cellular activity, determine the osmotic properties of body fluids, and regulate electrolyte balance. That’s a lot of big words that simply mean that bone formation, blood formation, nerve function and proper composition of body fluids all depend on minerals.

Soil depletion means foods don’t absorb as many minerals to begin with. Refining and processing foods further diminishes quality. For example, chromium is deficient in the American diet largely because of refining of sugar, flour and fats. The refining of raw cane sugar also removes “89% of the manganese, 98% of the cobalt, 83% of the copper, 98% of the zinc and 98% of the magnesium.”

Similar mineral losses can be seen when wheat is refined into white flour. This process removes “40% of the chromium, 86% of the manganese, 76% of the iron, 89% of the cobalt, 68% of the copper, 78% of the zinc and 48% of the molybdenum, all trace elements essential for life or health.” Also lost during the refining process are large amounts of calcium, phosphorus, magnesium, potassium and sodium.



SYNTHETICS ARE SERIOUSLY DANGEROUS



Not all supplements are created equal.

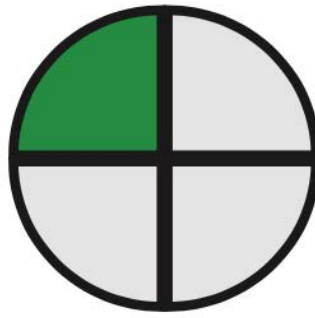
The supplement industry has been around for well over 100 years but quality is suffering. Companies went out of their way to make supplements more affordable but it has come at the cost of quality and efficacy. Even though a USDA study showed that over 70% of Americans take a multivitamin, the AMA still concluded that almost all Americans are deficient in vitamins and minerals.

What’s happening is people are taking multivitamins comprised of synthetic ingredients. Our bodies don’t recognize said ingredients as anything useful. Even worse, synthetics are almost always incomplete versions of the real deal. Our bodies rob nutrients from all over our systems as it tries to fill in the gaps and make multivitamins useful.

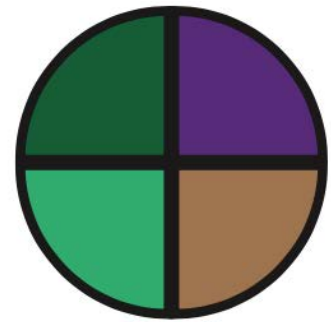
Let’s use vitamin C as an example. Good sources of vitamin C mainly come from citrus fruits. The complete

chemical form of vitamin C consists of ascorbic acid, rutin, J & K factor, and bioflavonoid. However, typical synthetic supplements contain only ascorbic acid. Your body has to provide the rest in order to use the supplement. Consuming the ascorbic acid form may actually lead to heart disease. Ascorbic acid is nothing more than corn syrup and HCl that's gone through nine steps of processing. Not one drop of citrus was involved.

If you look on the label of any vitamin C product on the market today, you will most likely see "ascorbic acid" as one of the main ingredients. Contrary to what most health and supplement companies want you to believe, ascorbic acid is not vitamin C. Rather, it is only a small fraction of the nutrient. The incomplete form forces the body to use its own reserves to complete it. This actually depletes vitamin C from the body and can cause your arterial walls to thicken and other fatal effects. In one study, cited



FDA certified synthetics contain only a fraction of an organic nutrient.



OHS supplements contain the complete organic nutrient

in a Los Angeles Times article, the research showed that consuming vitamin C supplements in the form of ascorbic acid may actually lead to heart disease.

Unfortunately, synthetic vitamins and commonly marketed forms of minerals often create more problems than the nutrient deficiencies they are supposed to address. Synthetics literally pull nutrients from the body because they contain only a portion of the entire nutrient.

This is why you need the whole food form of vitamins and mineral supplements to be chelated. The whole food form of Vitamin C is very beneficial as an antioxidant, assisting in collagen formation, boosting the immune system, and is necessary in the synthesis of stress hormones.

WHEN YOU GET NUTRIENTS FROM NATURE

Minimize the cost and need by addressing the root of the problem.

In an idea world, the need for supplementation would be limited to those with health issues. Fruits and

vegetables would be packed with nutrients no matter which farm or orchard they came from, and meat and dairy would be perfectly safe to ingest. However, this is not the world we live in. Until the day arrives where

every last fast food company goes out of business, we humans are going to have to keep an eye on our health.

Remember: it takes only one nutrient deficiency to throw your whole system off. If you are experiencing issues, definitely take a trip to the doctor to help get to the root of the problem. It's highly recommended to get some blood work done to see how you're doing nutritionally. Prescription medication will only treat the symptoms; however, adequate nutrition will address the cause. The former is best saved for an emergency or serious condition. Still, the safest, healthiest, and cheapest course involves lifestyle and dietary choices.



WHOLE FOOD VITAMIN • MINERAL

All parts of the nutrient are necessary to ensure that the supplement is not stripping nutrients away from your body. Reading the label, you won't see chemical names but will find instead that every vitamin is from a whole food source. Patented organic minerals are the only minerals that exactly mimic those found in foods, and are what we use in Optimal 2. Only in this form are minerals readily absorbed. Other mineral forms are much less beneficial and can be highly toxic. Our minerals are retained at the highest

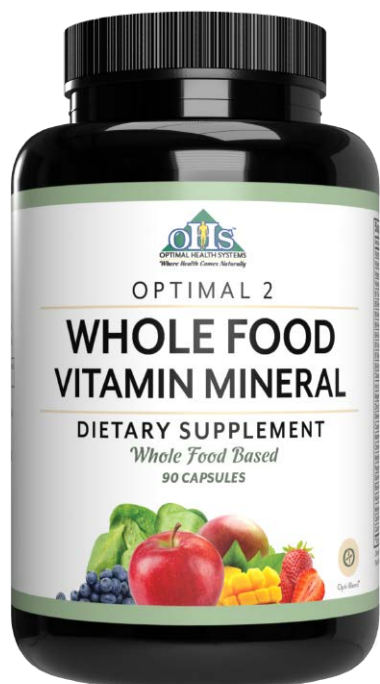
levels and have the lowest toxicity of any minerals in the world. We take this a step further with our patented Whole Food Cultured Media. By using nature's fermentation process with pure plant enzymes, organic yeast, and stabilized probiotics, we can deliver high potency supplements.

Optimal 2 provides the body with vital nutrients in their most absorbable and usable form. This remarkable formula contains no synthetic vitamins. Instead, it includes a full spectrum obtained

directly from whole foods. It also contains 12 essential minerals in their organic form. Optimal 2 Whole Food Vitamin • Mineral combines the best of both worlds. It utilizes only whole foods and patented organic minerals while providing 100% of the RDA. You get high potencies ensuring proper nourishment to the cells with no synthetics.

Dosing

Take 1 capsule three times a day with meals, or as directed by your health professional.



Supplement Facts		Serving Size: 3 Capsules
		Servings Per Container: 30
Amount Per Serving		% Daily Value
Vitamin A (Beta Carotene) (Whole Food Cultured) ^{††}	5000 IU	167%
Vitamin C (Ascorbic Acid) (Whole Food Cultured) ^{††}	60 mg	66%
Vitamin D (Cholecalciferol) (Whole Food Cultured) ^{††}	400 IU	50%
Vitamin E (DL-Alpha & mixed D-Alpha Tocopherols) (Whole Food Cultured) ^{††}	39 IU	130%
Vitamin K (Phytonadione) (Whole Food Cultured) ^{††}	80 mcg	67%
B1 - Thiamine (Thiamine 78%) (Whole Food Cultured) ^{††}	1.5 mg	125%
B2 - Riboflavin (Riboflavin 98%) (Whole Food Cultured) ^{††}	1.7 mg	130%
B3 - Niacin (Niacinamide) (Whole Food Cultured) ^{††}	20 mg	125%
B6 - Pyridoxine (Whole Food Cultured) ^{††}	2 mg	118%
B9 - Folic Acid (Whole Food Cultured) ^{††}	680 mcg	170%
B12 - Methylcobalamin (Whole Food Cultured) ^{††}	6 mcg	250%
B7 - Biotin (Whole Food Cultured) ^{††}	300 mcg	1000%
B5 - Pantothenic acid (Whole Food Cultured) ^{††}	10 mg	200%
Calcium (Calcium Carbonate, Malate, Bisglycinate Chelate) [†]	500 mg	38%
Iron	18 mg	100%
Kelp Powder (Ascophyllum Nodosum) (Algae)	33 mg	10%
Magnesium (Oxide, Bisglycinate Chelate) [†]	200 mg	47%
Zinc (Bisglycinate Chelate) [†]	15 mg	136%
Selenium (Glycinate) [†]	70 mcg	127%
Copper (Bisglycinate Chelate) [†]	2 mg	222%
Manganese (Manganese Bisglycinate Chelate) [†]	2 mg	87%
Chromium (Nicotinate Glycinate Chelate) [†]	120 mcg	343%
Molybdenum (Glycinate Chelate) [†]	75 mcg	167%
Molasses	20 mg	*
Opti-Blend™ Enzyme Delivery System^{††}	20 mg	*
Cultured Media^{††}	10 mg	*

*Daily value not established. ††Whole Food Cultured Media Blend
Other ingredients: Hypromellose (Vegetable Capsule), Rice Flour (Oryza Sativa), Plant Based Magnesium Stearate, Beet Fiber, Silicon Dioxide, Potassium Citrate

REFERENCES

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2. Ensminger, et al. The Food and Nutrition Encyclopedia. 1983: 2203.
3. Ashmead, H. DeWayne, Ph.D., F.A.C.N. Conversations on Chelation and Mineral Nutrition. Connecticut: Keats Publishing, Inc. 1989, pg. 11.

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.