

OPTIMAL NUTRACEUTICAL

Why do I need supplements in the first place?
What makes OPTIMAL better than everything else?

According to leading medical researchers and clinicians, every American should use a daily multi-nutrient supplement to address the health dilemma of nutritionally poor diets. Experts have revealed conclusive information that farmland throughout North America is 85% micronutrient depleted. " As a society, we can no longer afford to make poor health choices such as being physically inactive and eating an unhealthy diet. These choices have led to a tremendous obesity epidemic..." *Vice Admiral Richard H. Carmona, U.S. Surgeon General*

Obesity is now the 2nd major cause of premature death, linked to 300,000/yr. It has passed smoking as the #1 preventable cause of death. An obese person can be as little as 20lbs.-30lbs. Overweight, yet that can increase your risk of death due to: **HEART DISEASE 110%, CANCER 60%, Type II DIABETES 2,600%, HIGH BLOOD PRESSURE 260%, DEGENERATIVE ARTHRITIS 400%....**

OPTIMAL provides your body with **OPTIMAL NUTRITION** by delivering all of the essential nutrients your body needs in a great tasting shake. OPTIMAL furnishes the ingredients, which help play a major role in **brain tissue and nervous system functioning**, ingredients that help blood pressure regulation in the transportation of electrolytes across cell membranes and helps create **cellular replication in the immune system**. It is common knowledge among researchers that the body's natural defense mechanism against disease (**immune system**) is highly dependent upon the absorption of nutrition to fuel its function. Without proper absorption of essential nutrients, the **immune system** is unable to ward off potential disease or to effectively battle against existing conditions. OPTIMAL is extremely "bio-available" and has an **absorption rate of up to 90%**, that shows that the **ingredients in our product are highly assimilated by the body at the cellular level**. OPTIMAL is different from every other **nutritional supplement** found in other MLM companies or on the shelves at the local store because it is classified as a **NUTRACEUTICAL** which means that it has been **Scientifically formulated, Medically proven, and is recognized as a functional food**. A **NUTRACEUTICAL** is any Non-Toxic Food component that has scientifically proven health benefits, including ingredients, which may help in the treatment of disease or prevention. This functional component of the food must be standardized in the nutraceutical product and manufactured under " Good Management Practices" (GMP).

Unlike other foods, beverages or supplements: a product that can provide scientific data, standardized functional components, and can document quality control through (GMP) will be permitted to make (4) categories of health claims:

1. " Benefit related to a classical nutrient deficiency disease and disclose the prevalence of such disease in the U.S."
2. Describe the " role of a nutrient or dietary ingredient intended to affect the structure of function in humans (such as an immunostimulant)."
3. Characterize " the documented mechanism by which a nutrient or dietary ingredient acts to maintain such structure or function."
4. Describe the " general well-being from consumption of a nutrient or dietary ingredient."

OPTIMAL delivers **OPTIMAL NUTRITION** to you so that your body can function at **PEAK PERFORMANCE** and it is more economical than the **value menu at your favorite fast food restaurant**. OPTIMAL delivers you a **COMPLETE MEAL REPLACEMENT** for only **\$1.68 per meal**. OPTIMAL is the **SOLUTION** for **YOU!**

OPTIMAL NUTRACEUTICAL FORMULA COMPARISON AND INGREDIENTS



	100%RDA	OPTIMAL	OPTIFAST	ENSURE	MET-Rx
Calories	NE	160	80	250	125
Protein	45gm	15gm 30%	28%	14.80%	40%
Carbohydrates	NE	24gm 8%	2%	11.30%	7.30%
Total Fat	NE	1gm 2%	1%	17.60%	2%
Dietary Fiber	NE	1gm 4%	NONE	NONE	NONE
Vitamin A	5,000 IU	2,500 IU 50%	20%	12.50%	45%
Vitamin C	58.5mg	35gm 60%	30%	62%	30%
Thiamin	1.52mg	.91mg 60%	30%	25%	30%
Riboflavin	1.72mg	1.03mg 60%	30%	25%	30%
Niacin	20mg	12mg 60%	20%	25%	50%
Calcium	1.04gm	.52gm 50%	20%	12.50%	50%
Iron	18mg	9mg 50%	20%	12.50%	22.50%
Vitamin D	400 IU	200 IU 50%	20%	12.50%	30.00%
Vitamin E	300 IU	180 IU 60%	20%	25%	30%
Vitamin B6	2mg	1.2mg 60%	30%	25%	30%
Folic Acid	400mcg	240mcg 60%	20%	12.50%	25%
Vitamin B12	6mcg	3.6mcg 60%	20%	25%	25%
Phosphorus	1.04gm	.37gm 35%	20%	12.50%	45%
Iodine	152mcg	53.2mcg 35%	20%	12.50%	20%
Magnesium	400mg	160mg 40%	20%	12.50%	22.50%
Zinc	15mg	7.5mg 50%	20%	25%	20%
Copper	2mg	.5mg 25%	20%	12.50%	20%
Biotin	3.04mcg	1.83mcg 60%	24%	12.50%	30%
Pantothenic Acid	10mg	6mg 60%	20%	12.50%	20%
Vitamin K	NE	30mcg 60%	40%	70%	40%
Sodium	NE	270mg 11%	8%	8%	7%
Potassium	NE	530mg 16%	11%	10.50%	14%
Manganese	NE	1.5mg 50%	30%	0.16%	0.16%
Chromium	NE	40mcg 50%	36%	NONE	31%
Selenium	NE	28.5mcg 50%	43%	NONE	26%
Molybdenum	NE	50mcg 50%	60%	NONE	30%
Co-Enzyme Q10	NE	15mg	NONE	NONE	NONE

OPTIMAL NUTRACEUTICAL FORMULA COMPARISON AND INGREDIENTS



INGREDIENTS FOUND IN OPTIMAL NUTRACEUTICAL FORMULA

Nonfat Dry Milk
Fructose
Soy Protein Isolate
Whey Protein Concentrate
Calcium Caseinate
Sweet Dairy Whey
Guar Gum
Soy Lecithin
Corn Bran
Soy Fiber
L - Phenylalanine - 200mcg
DL - Phenylalanine - 200mcg
Natural and Artificial Flavors
Salt
Cellulose Gum

Xanthum Gum
Co-Enzyme Q10 - 15mg
Papain
Calcium Phosphate
Potassium Chloride
Magnesium Oxide
Calcium Carbonate
Sodium Ascorbate
Ferric Orthophosphate
Vitamin E Acetate
Niacinamide
Zinc Oxide
D-Calcium Pathothenate
Copper Gluconate
Manganese Sulfate

Pyridoxine Hydrochloride
Vitamin A Palmitate
Thiamin Mononitrate
Riboflavin
Beta Carotene
Chromium Chloride
Folic Acid
Biotin
Sodium Molybdate
Sodium Selenite
Phytonadione (Vitamin K1)
Potassium Iodide
Cholecalciferol (Vitamin D3)
Cyanocobalamin (Vitamin B12)