

# Optimal B Awake™



## Why This Supplement?

Research shows that people often lack focus or energy due to a lack of specific nutrients.

Most products use a mix of stimulant herbs and synthetic ingredients supplemented with loads of caffeine.

Unfortunately, what the public chooses to combat low energy are stimulants that make the body even more nutrient deficient.

These stimulants force your body to function under a drug-like stimulation, thus making you even more addicted to the product.

## What Sets Us Apart?

Your doctor has placed you in good hands. Optimal Health Systems cares about patients too, which is why **we create supplements that contain nutrients ONLY from whole foods.**

Because of this, you won't have the same concerns as with synthetics. They are lab-tested and have a wealth of evidence and patents to back its claims.

There are plenty of whole food supplements out there, but only Optimal Health Systems takes it a step further with its pre-digestion process called Opti-Blend™.

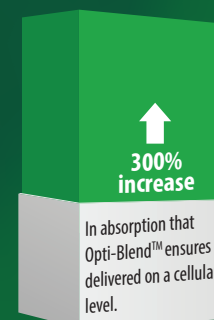
It utilizes a combination of **10 kosher-certified, non-GMO enzymes, and patented organic minerals** to predigest every nutrient before encapsulating.

## OPTIMAL B AWAKE

- ✓ **Easily adjust the dosage** and times of use based on your own particular needs.
- ✓ **Provides your body with the basic nutrients** it needs, instead of pumping you with caffeine.
- ✓ **No mood swings.**
- ✓ **Does not tax adrenal glands.**

## THE RESULTS...

Improve mental and physical energy in **20 minutes** with a blend of specific nutrients.



## Dosing

Take **1 capsule 2 times per day**, once in the morning, and once in the evening.

## Supplement Facts

Serving Size: 2 Capsules	Servings Per Container: 45
Amount Per Serving	% Daily Value
B1-Thiamin (whole food cultured media) <sup>†</sup>	3 mg 250%
B2-Riboflavin (whole food cultured media) <sup>†</sup>	3.4 mg 262%
B3-Niacin (whole food cultured media) <sup>†</sup>	40 mg 250%
B6-Pyridoxine HCL (whole food cultured media) <sup>†</sup>	4 mg 235%
B9-Folate (Folic Acid) (whole food cultured media) <sup>†</sup>	400mcg 170%
B12-Methylcobalamin (whole food cultured media) <sup>†</sup>	31 mcg 1291%
B7-Biotin (whole food cultured media) <sup>†</sup>	300 mcg 1000%
B5-D-Calcium Pantothenate (whole food cultured media) <sup>†</sup>	20 mg 400%
Manganese (Manganese Bisglycinate)**	100 mcg 4%
Mental Clarity Blend: L-Taurine 98%, Green Tea Extract	875 mg *
50% Caffeine (Camellia sinensis), Ginkgo Biloba Leaf, DMAE L-Bitartrate (Dimethylethanolamine) 97%, Rhodiola Crenulata Extract, Choline Bitartrate 98% (41% Choline), L-Tyrosine 98%, Yerba Mate Leaf (Ilex paraguariensis), Acetyl-L-Carnitine HCL >95%, Ginger Root (Zingiber officinale).	
†Whole Food Cultured Media/Opti-Blend™ Delivery System:	15 mg *
Yeast, Pea Protein. VITAMINS: B1 (Thiamine HCL), B2 (Riboflavin), B3 Niacin (niacinamide), B6 (pyridoxine HCL), B9 Folate(Folic Acid), B12 (Methylcobalamin), B7 Biotin, B5 (D-Cal-Pant). Fruits/Vegetables/Whole Foods: Wild Blueberry, Apple, Raspberry, Strawberry, Oat Bran, Cranberry, Grape, Orange, Raspberry Seed, Red Pepper, Carrot, Blackberry, Bilberry, Tart Cherry, Cinnamon, Broccoli, Cucumber, Pomegranate, Beet, Black Currant, Okra, Wild Yam. Stabilized Probiotics: L Plantarum, Lactobacillus Acidophilus DDS-1****, Bacillus Coagulans, Lactobacillus Bulgaricus, Bifidobacterium Bifidum, Lactobacillus Salivarius, Lactococcus Lactis, Streptococcus Thermophilus, Bifidobacterium Lactis. Plant Enzymes: Amylase, Protease I, Protease II, Serratia Peptidase, Lipase, Invertase, Cellulase, Lactase, Malt Diastase, Phytase.	
Dri Flo Molasses	5 mg *

\*Daily Value not established.

Other ingredients: Hypromellose (Capsule), White Rice Flour (Oryza Sativa), Plant Based Magnesium Stearate, Rice Hull Concentrate (Oryza Sativa), Zinc Bisglycinate Chelate\*\*, Copper Bisglycinate Chelate\*\*, Rice Maltodextrin.



90 CAPSULES

Vegetarian Friendly



\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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