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 kosher-certi/ed, non-GMO enzymes, and patented organic minerals to predigest every nutrient before encapsulating.

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

<table>
<thead>
<tr>
<th>Serving Size: 2 Capsules</th>
<th>Servings Per Container: 45</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>B12-Methylcobalamin (whole food cultured media)†</td>
<td>31 mcg 1291%</td>
</tr>
<tr>
<td>B7-Biotin (whole food cultured media)†</td>
<td>300 mcg 1000%</td>
</tr>
<tr>
<td>B9-Folate (Folic Acid) (whole food cultured media)†</td>
<td>400 mcg 1000%</td>
</tr>
<tr>
<td>B6-Pyridoxine HCL (whole food cultured media)†</td>
<td>4 mg 250%</td>
</tr>
<tr>
<td>B5-D-Calcium Pantothenate (whole food cultured media)†</td>
<td>20 mg 400%</td>
</tr>
<tr>
<td>Manganese (Manganese Bisglycinate)**</td>
<td>100 mcg 4%</td>
</tr>
</tbody>
</table>

Mental Clarity Blend: L-Taurine 98%, Green Tea Extract (90% Catechins), Ginkgo Biloba Leaf, DMAE L-Bitartrate (97%), Rhodiola Rosea Extract, Ginkgo Biloba Leaf 60%, L-Theanine 99%, Yerba Mate Leaf (Ilex paraguariensis), Acetyl L-Carnitine 99%, Ginger Root (Zingiber officinale), Dri Flo Molasses 5 mg *

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.

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

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.