**Optimal Calm™**

### Why This Supplement?

Anxiety and sleep deprivation is becoming a national health crisis, with symptoms of insomnia on the rise. Avoid becoming another statistic with Optimal Calm™.

### OPTIMAL CALM

**OBTAINING CALMNESS**

Three factors play into reaching the REM sleep stage:

1. **Calming the mind and body** by supplying the nutrients it needs to combat stress, anxiety, and taut emotions.
2. **Improves circadian cycles** to ensure the body remains in REM Sleep
3. **Nutrients delivered at the cellular level** so every ingredient is optimally used.

**BENEFITS OF REM SLEEP**

- Slower Aging Process
- Metabolism Boost
- Stronger Immune System
- Weight Loss

### 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.

### THE RESULTS...

Naturally support a calm mind and body with whole food ingredients.

### DOSING

Take 1 to 3 capsules when anxiety/stress levels are extreme or before bedtime.

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 3 Capsules</th>
<th>Servings Per Container: 30</th>
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</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>L-Tryptophan</td>
<td>300 mg</td>
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<tr>
<td>Valerian Root Extract (Valeriana officinalis)</td>
<td>300 mg</td>
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<tr>
<td>5-Hydroxytryptophan (Griffonia Seed)</td>
<td>75 mg</td>
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<tr>
<td>Magnesium (Magnesium Aperontos)</td>
<td>12.5 mg</td>
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<tr>
<td>Proprietary Sleep Blend:</td>
<td>240 mg</td>
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<tr>
<td>Chamomile Flower (Matricaria chamomilla), Passion Flower (Passiflora incarnata), Lemon Balm Extract (Melissa officinalis), Hops Extract (Humulus lupulus)</td>
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<tr>
<td>Zinc (Zinc Bisglycinate Chelate)</td>
<td>1 mg</td>
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</tbody>
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**Whole Food Cultured Media & Opti-Blend™ Delivery System:**

Yeast, Pea Protein, Plant Enzymes: Amylase, Protease Blend, Peptizyme SP, Lipase, Invertase, Maltase, Cellulase, Lactase, Phytase.


*Other ingredients: Hypromellose (Capsule), Rice Flour (Oryza Sativa), Rice Hull Concentrate (Oryza Sativa), Plant Based Magnesium Stearate, Manganese (Manganese Bisglycinate Chelate)**, Copper (Copper Bisglycinate Chelate)**, Silicon Dioxide.*

*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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*Daily Value not established.*

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90 CAPSULES *Vegetarian Friendly*