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.**

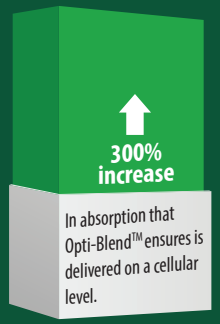
Because of this, you won't have the same concerns as with synthetics. They are lab-tested and have a wealth of evidence and patents to back its claims.

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.

Supplement Facts

Serving Size: 3 Capsules — **Servings Per Container: 30**

Amount Per Serving		% Daily Value
L-Tryptophan	300 mg	*
Valerian Root Extract *(Valeriana officinalis)*	300 mg	*
5-Hydroxytryptophan *(Griffonia Seed)*	75 mg	*
Magnesium *(Magnesium Aspartate)*††	13.5 mg	3%
Proprietary Sleep Blend: Chamomile Flower (Matricaria chamomilla), Passion Flower (Passiflora incarnata), Lemon Balm Extract (Melissa officinalis), , Hops Extract (Humulus lupulus)	240 mg	*
Zinc *(Zinc Bisglycinate Chelate)*††	1 mg	9%
†**WHOLE FOOD CULTURED MEDIA & OPTI-BLEND™ DELIVERY SYSTEM** Yeast, Pea Protein. **Plant Enzymes:** Amylase, Protease Blend, Peptizyme SP, Lipase, Invertase, Maltase, Cellulase, Lactase, Phytase. **Stabilized Probiotics:** DDS-1™ L. acidophilus***, L. plantarum, Bacillus coagulans, L. bulgaricus, Bifidobacterium bifidum, L. salivarius, L. lactis, Streptococcus thermophilus, Bifidobacterium lactis. **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.	40 mg	*

*Daily Value not established.

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.

Manufactured GMP Facility — 90 CAPSULES — Vegetarian Friendly — OPTI-BLEND

*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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