



Optimal Multi Pro

The Optimal Multi Pro formula includes a range of essential **vitamins** and **beneficial ingredients** to support adrenal health and overall wellness.

Energy and Vitality

- **B vitamins:** fuel the production of ATP, the body's main energy currency.
- **Active forms (P5P, methylfolate, methylcobalamin):** ensure efficient absorption and utilization, even for individuals with genetic variations affecting methylation.
- **Biotin:** contributes to the metabolism of fats, proteins, and carbohydrates, further supporting steady energy.

Antioxidant and Cellular Protection

- **Vitamin A:** promotes cellular renewal and supports healthy vision.
- **Vitamin E (with high gamma tocopherols):** provides a broader spectrum of antioxidant defense compared to standard alpha-tocopherol alone.
- **Rutin and hesperidin:** support the strength and flexibility of blood vessels and capillaries.
- **Quercetin:** not only acts as an antioxidant but also helps regulate normal inflammatory responses.

Immune and Stress Resilience

- **Vitamin C:** In ester form, it is gentler on the stomach and supports collagen formation, wound healing, and overall immune readiness.
- **Vitamin D3:** Plays a role in regulating immune cell activity.
- **Ashwagandha:** supports balanced cortisol levels, contributing to stress recovery and restful sleep.
- **Schisandra:** supports endurance, liver function, and adaptability to both mental and physical stress.

Brain and Nervous System Support

- **Phosphatidylserine:** supports memory retention, concentration, and learning.
- **Phosphatidylcholine:** is a precursor to acetylcholine, a neurotransmitter vital for focus and muscle control.
- **Folate and B12:** together support methylation, which influences mood balance and cognitive sharpness.
- **Quercetin and bioflavonoids:** may protect neurons from oxidative damage, supporting long-term brain health.

Digestive Function and Nutrient Absorption

- **Papain and bromelain:** support not only protein digestion but also normal inflammatory balance in the gut.
- **The enzyme blend:** reduces the likelihood of bloating and discomfort from undigested foods.
- **Betaine HCL:** helps maintain proper stomach acidity, improving absorption of minerals such as iron, calcium, and magnesium.

Bone and Structural Health

- **Vitamin D3** works with calcium (from diet) to support strong bones.
- **Vitamin K2** is not present here, but the inclusion of D3 still aids mineral absorption and balance.

Metabolic and Circulatory Balance

- **Chromium picolinate:** enhances insulin sensitivity, supporting stable energy levels after meals.
- **Bioflavonoids and rutin:** promote healthy circulation and capillary strength, which may benefit overall cardiovascular wellness.
- **Vitamin B3 (niacinamide):** supports balanced lipid metabolism and skin health.

Skin, Hair, and Connective Tissue

- **Biotin:** supports healthy hair, nails, and skin.
- **Vitamin C:** contributes to collagen production, maintaining the elasticity of skin and joints.
- **Vitamin A:** supports skin cell turnover and eye health.

Supplement Facts

Serving Size : 2 capsules daily
Serving per container: 45

	Amount Per Serving	%DV
Vitamin A (as Betatene 75%)	300 IU	60%
Vitamin D3 (as Cholec)	2000 IU	500%
Vitamin E (as Mixed Tocopherols)	100 IU	333%
Vitamin B-1 (as Thiamine HCl)	50 mg	3333%
Vitamin B-2 (as Riboflavin)	50 mg	2941%
Vitamin B-3 (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxal 5 Phosphate)	75 mg	3750%
Vitamin B-9 (as Methyltetrahydrofolate)	800 mcg	200%
Vitamin B-12 (as Methylcobalamine)	500 mcg	8333%
Vitamin B-7 (as Biotin)	500 mcg	167%
Vitamin B-5 (as Pantothenic Acid)	200 mg	1000%
Proprietary Herbal Extracts & Enzymes Blend:	560 mg	
Schizandra Herb, Ashwaganda Root, Phosphatidyl Choline 40%, Phosphatidyl Serine 20%, Bromelain 600 GDU/g, Betaine HCl, Citrus Bioflavonoids, Digest B Enzyme Blend, Rutin, Trimethyl Glycine, (Anhydrous Betaine), Inositol, and Hesperidin		
*Daily value not established.		

Hypoallergens

- Contains no artificial color, flavor, or preservatives. Gluten-free & non-GMO.

Dosage

- 1-2 capsules daily or as otherwise directed.

WARNINGS:

If pregnant or breastfeeding, it is recommended to ask a healthcare professional before use. Keep this remedy out of reach of children. In case of overdose, seek medical help or contact a Poison Control Center immediately. Do not use if the tamper-evident seal is broken or missing.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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