

OPTIMALS-  
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## OPTIMALS OPTIMAL-V™ OPTIMAL-M™

### Overall Support For Your Body And Life

Nutrifii Optimals contain a comprehensive array of vitamins, minerals and antioxidants, including nutrients and other beneficial ingredients which university studies have shown to be critical in maintaining healthy cellular function, support heart, eye, skin and lung function, as well as promoting improved bone, muscle and nerve health.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

### FOR YOUR VISION

Studies have shown the effectiveness of vitamins and minerals such as beta carotene, vitamin C, E, zinc and lutein in supporting the maintenance of healthy vision.

### FOR YOUR HEART AND LUNGS

Both B and E vitamins, plus an arsenal of antioxidants in our special blends, work together to complement your diet in supporting a healthy cardiovascular system. Also antioxidants vitamin C and vitamin E, combined with carotenoids, have been shown to help support healthy pulmonary and respiratory function.

### FOR YOUR BONES AND JOINTS

Getting enough calcium in your diet is crucial for bone health. While bones increase in size and mass during your childhood and adolescence, as you age, your bones naturally become more fragile. Nutrifii Optimals support bone and joint health with a signature blend of calcium, vitamin C, manganese, magnesium, vitamin D, vitamin K, and silicon.

### FOR YOUR LIFE

The benefits of ensuring that essential vitamins are in your diet can make a very long list. As a few examples, vitamin C plays a vital role in protecting cells and tissues from damaging oxidation. Studies have also shown that it plays an important role in retaining sound cardiovascular function. Vitamin E is a family of essential nutrients that act as powerful antioxidants. Vitamin B is also known for improving mental function, especially in the elderly.

## Optimal-V

### Supplement Facts

Serving Size: 3 Capsules Twice Daily  
Servings Per Container: 56

	Amount Per Serving	%DV
Vitamin A (as beta-carotene)	7500 IU	150%
Vitamin C (as calcium ascorbate, magnesium ascorbate, zinc ascorbate, potassium ascorbate, acerola cherry)	650 mg	1083%
Vitamin D3 (as cholecalciferol)	1000 IU	250%

	Amount Per Serving	%DV
Vitamin E (as D alpha tocopheryl succinate, mixed tocopherols 50 mg)	150 IU	500%
Vitamin K (as phyloquinone)	45 mcg	57%
Thiamin (as thiamin HCl)	14 mg	900%
Riboflavin	14 mg	794%
Niacin (50% as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	16 mg	750%
Folate (folic acid)	500 mcg	125%
Vitamin B12 (as methylcobalamin)	200 mcg	3333%
Biotin	150 mcg	50%
Pantothenic Acid (as D calcium pantothenate)	45 mg	450%
Calcium (as calcium ascorbate)	75 mg	8%
Molybdenum (as molybdenum citrate complex)	25 mcg	33%
Inositol	75 mg	
Grape Seed Extract (95% anthocyanins)	50 mg	
Bromelain	25 mg	
Vegetable Blend	10 mg	
(broccoli leaf and flower, carrot, tomato, beet root, spinach leaf, cucumber, brussels sprout, cabbage leaf, celery leaf, kale leaf, asparagus shoot, green bell pepper, cauliflower, parsley, wheat grass)		

Daily Value (DV) Not Established.

**Other Ingredients:** Gelatin, rice bran, mica, sodium copper chlorophyllin.

## Optimal-M

### Supplement Facts

Serving Size: 2 Capsules Twice Daily  
Servings Per Container: 56

	Amount Per Serving	%DV
Calcium (as calcium citrate)	75 mg	8%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium amino acid chelate)	100 mg	25%
Zinc (as zinc citrate)	10 mg	67%
Selenium (as selenomethionine, selenium methionate)	100 mcg	142%
Copper (as copper gluconate)	1 mg	50%
Manganese (as manganese gluconate)	2.5 mg	125%
Chromium (as chromium niacinate)	200 mcg	167%

	Amount Per Serving	%DV
Citrus bioflavonoids	100 mg	
N-Acetyl Cysteine	50 mg	
Rutin	30 mg	
Resveratrol	15 mg	
Green Tea Leaf Extract (90% polyphenols / 50% EGCG)	20 mg	
Quercetin	6 mg	
Hesperidin	6 mg	
Pomegranate Fruit Extract (40% ellagic acid)	5 mg	
Choline (as choline bitartrate)	50 mg	
Alpha Lipoic Acid	50 mg	
Inland Sea Trace Minerals	1500 mcg	
Boron (as boron citrate)	1.5 mg	
Superplant Blend	98 mg	
(broccoli leaf and flower, carrot, tomato, beet root, spinach leaf, cucumber, brussels sprout, cabbage leaf, celery leaf, kale leaf, asparagus shoot, green bell pepper, cauliflower, parsley, wheat grass, rosemary leaf extract, olive leaf extract, cinnamon bark extract, lutein, lycopene)		

Daily Value (DV) Not Established.

**Other Ingredients:** Gelatin, rice bran, mica.

## PRODUCT PHOTO

NOTE: These photos can be used only for identification by shape, color, and imprint. They do not depict actual or relative size.

The product samples shown here have been supplied by the manufacturer and reproduced in full color by PDR as a quick-reference identification aid. While every effort has been made to assure accurate reproduction, please remember that any visual identification should be considered preliminary. In cases of poisoning or suspected over dosage, the drug's identity should be verified by chemical analysis.

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Optimal-M™



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