



## Comprehensive Mineral Support

Optimal-M® supports bones, nerves and muscles through a spectrum of 32 minerals, trace elements, enzymes and superfoods, with the proper cofactors to aid your body's utilization. This high-quality, whole-food formula will help your body develop and form new healthy cells while helping body systems. Minerals provide the chemical building blocks necessary to maintain a strong foundation and these veggie capsules are scientifically formulated to do just that.

## THE BENEFITS

- Broad spectrum of vital minerals, trace elements, enzymes and superfood micronutrients
- Scientifically formulated to support bone, nerve and muscle health while contributing to optimal cellular function
- Properly balanced ratios for daily use and superior absorption
- Optimum daily allowance is used for meeting optimal nutrition, rather than the bare minimum
- Natural ingredients, Gluten Free, Halal and Veggie capsules

## THE ACTIVES

- Calcium Citrate, Potassium Iodide, Magnesium Amino Acid Chelate, Zinc Citrate, Selenomethionine, Selenium Methionate, Copper Gluconate, Manganese Gluconate, Chromium Niacinate, Citrus Bioflavonoids, N-Acetyl Cysteine, Rutin, Resveratrol, Green Tea Leaf Extract, Quercetin, Hesperidin, Pomegranate Fruit Extract, Choline Bitartrate, Alpha Lipoic Acid, Inland Sea Trace Minerals, Boron Citrate, Superplant Blend (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

### Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 56

	Amount Per Serving	%DV
Calcium (as calcium citrate)	75 mg	6%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium amino acid chelate)	100 mg	24%
Zinc (as zinc citrate)	10 mg	91%
Selenium (as selenomethionine, selenium methionate)	100 mcg	182%
Copper (as copper gluconate)	1 mg	111%
Manganese (as manganese gluconate)	2.5 mg	125%
Chromium (as chromium niacinate)	200 mcg	571%
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, Natural Color.



SUPPORTS BONES



SUPPORTS NERVES



SUPPORTS MUSCLES



VITAL MINERALS



GLUTEN FREE



VEGGIE CAPSULES



HALAL (ISA)



CERTIFIED PRODUCT



OFFICIAL LISTING



## Frequently Asked Questions

### What do the Optimals do?

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, supporting hearing, eye, skin and lung function, as well as promoting improved bone, muscle and nerve health.

### Is it best to take the Optimals with or without food?

It is always best to take your nutritional supplements with a meal. This allows your body to absorb the nutrients more efficiently and with a greater degree of tolerance. Having food in your stomach will significantly improve the absorption of the nutrients in your vitamin and mineral veggie capsules. It will also help you to avoid side effects such as stomach upset or nausea.

### What is the recommended dosage for the Optimal-M?

The recommended dosage for Optimal-V is 3 tablets, twice daily, preferably with meals.

### Do I need to take the full dosage recommended for the Optimals each day?

The Optimals have been designed to provide advanced levels of essential nutrients shown to provide a health benefit communicated through medical literature. Scientific Advisory Board member Dr. Ray Strand refers to this as cellular nutrition. A one-a-day multivitamin is based on RDA (Recommended Dietary Allowance). Numerous studies have shown no significant health benefits from one-a-day multivitamins. However, there are thousands of studies that show health benefits from supplementing a healthy diet with the optimal or advanced levels of nutrients found in the Optimals. Therefore, we strongly encourage you to consume the recommended amount that appears on the bottles.

### Where does the coated trace mineral complex come from in Optimal-M?

The trace mineral complex ingredient is a naturally occurring blend of minerals extracted from the Great Salt Lake, containing magnesium, sodium and potassium.

### How should the Optimals be stored?

Store veggie capsules in a cool, dry place. Keep out of reach of children.

### Can I take the Optimals if I am allergic to one of the ingredients or am taking medication?

Always consult a healthcare physician prior to beginning any new dietary supplement if you have allergies or are taking medication.

### Can I take the Optimals if I am pregnant or breastfeeding or have a medical condition?

Always consult a healthcare physician before beginning any new dietary supplement while pregnant or breastfeeding or if you have a medical condition.