



In today's fast-paced, fast-food-centric world, what ends up on our plate isn't always the healthiest of choices. A powerful way to stand up for your body is by adding nutritional supplements like Nutrifii Optimals to your daily health regimen.

## Critical Nutritional Support for Optimal Health

Using ingredients from natural sources, Nutrifii Optimals contain a comprehensive array of high-potency vitamins, antioxidants, phytonutrients and micronutrients carefully blended and perfectly formulated with balanced ratios for maximum absorption, increasing their benefits to you.



CELLULAR  
FUNCTION



VITAMINS &  
MINERALS



NATURAL  
INGREDIENTS



ANTIOXIDANT  
RICH

## COMPREHENSIVE

The Optimals offer an array of vitamins, minerals and antioxidants, including unique and beneficial ingredients and antioxidants that support a person's overall health and well-being.

## POWERFUL

Vitamins and minerals form an amazing teamwork system that often makes them work more efficiently when absorbed together.

## BENEFICIAL

Including the Optimals in your diet can help your body function at peak levels by promoting whole-body health and wellness, while correcting and preventing nutritional deficiencies that negatively impact your physical and psychological states.



GLUTEN  
FREE



INFORMED  
SPORT



HALAL  
(ISA)



CERTIFIED  
PRODUCT



OFFICIAL  
LISTING



## Build a Strong Foundation

The beneficial ingredients packed into Nutrifii Optimals are proven to be critical in maintaining healthy cellular function, supporting heart, eye, skin and lung function, as well as promoting improved bone, muscle and nerve health.

## FOR YOUR VISION

Studies have shown the effectiveness of vitamins and minerals such as beta-carotene, vitamin C, vitamin 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. 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. The 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

Vitamin C plays a vital role in protecting cells and tissues from damaging oxidation. Vitamin E is a family of essential nutrients that acts as powerful antioxidants, and vitamin B is known for improving mental function, especially in the elderly.



## 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 (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)	98 mg	*

\*Daily Value (DV) Not Established.

**Other Ingredients:** Gelatin, Rice Bran, Natural Color.

## 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 in 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 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



SUPPORTS  
BONES



SUPPORTS  
NERVES



SUPPORTS  
MUSCLES



VITAL  
MINERALS





## Full-Spectrum Vitamin Therapy

Optimal-V® includes 17 different vitamins, plus unique and beneficial ingredients such as beet root, wheat grass and grape seed extract, delivering a healthy boost to your system. When your body is vitamin or mineral deficient, you can feel mentally and physically sluggish, among other things. Consider these potent capsules your first step towards achieving and maintaining optimum health.

## THE BENEFITS

- Comprehensive spectrum of high-potency vitamins, antioxidants, phytonutrients and micronutrients
- Helps to correct nutrient deficiencies and support critical cellular function in the body
- Properly balanced ratios for daily use and superior absorption
- Optimum daily allowance is used for meeting optimal nutrition, rather than the bare minimum

### Supplement Facts

Serving Size: 3 Capsules  
Servings Per Container: 56

	Amount Per Serving	%DV
Vitamin A (as beta-carotene)	1124 mcg RAE	42%
Vitamin C (as calcium ascorbate, magnesium ascorbate, zinc ascorbate, potassium ascorbate, acerola cherry)	650 mg	722%
Vitamin D3 (as cholecalciferol)	25 mcg	125%
Vitamin E (as D alpha tocopheryl succinate, mixed tocopherols 50 mg)	125 mg	833%
Vitamin K (as phyloquinone)	45 mcg	38%
Thiamin (as thiamin HCl)	14 mg	1167%
Riboflavin	14 mg	1077%
Niacin (50% as niacinamide)	20 mg NE	125%
Vitamin B6 (as pyridoxine HCl)	16 mg	935%
Folate (folic acid)	850 mcg DFE	213%
Vitamin B12 (as methylcobalamin)	200 mcg	8333%
Biotin	150 mcg	500%
Pantothenic Acid (as D calcium pantothenate)	45 mg	900%
Calcium (as calcium ascorbate)	75 mg	6%
Molybdenum (as molybdenum citrate complex)	25 mcg	56%
Inositol	75 mg	*
Grape Seed Extract (95% anthocyanins)	50 mg	*
Bromelain	25 mg	*
Vegetable 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)	10 mg	*

\*Daily Value (DV) Not Established.

**Other Ingredients:** Gelatin, Rice Bran, Natural Color, Sodium Copper Chlorophyllin.



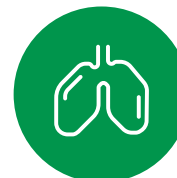
SUPPORTS  
HEART



SUPPORTS  
EYES



SUPPORTS  
SKIN



SUPPORTS  
LUNGS



## 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 capsules. It will also help you to avoid side effects such as stomach upset or nausea.

### What is the recommended dosage for the Optimals?

The recommended dosage for Optimal-V is 3 tablets, twice daily, preferably with meals. The recommended dosage for Optimal-M is 2 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. ARIIX 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.

### What is the source of the green stamp on the Optimal-V capsules?

The green stamp is from chlorophyll. Chlorophyll is the green pigment found in plants and algae.

### 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.

### 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.