

PRODUCT CATALOGUE



OPTIMAL HEALTH & WELLNESS



AND USER GUIDE



OPTIMAL
HEALTH & WELLNESS

Dear Valued Client,

On behalf of Optimal Health & Wellness, we would like to sincerely thank you for your recent order, and also congratulate you.

While many people **want** to look and feel healthier, you took **action** by investing in our proven, all-natural nutritional supplements. You've truly made a smart decision that will benefit your health, appearance and happiness for years to come.

At Optimal Health & Wellness, we're committed to **your success**. After reading this User's Guide, we invite you to visit our [website](#), where you'll find valuable articles and coaching by our dedicated team of health and wellness professionals.

We encourage you to bookmark optimal-health.com/articles in your Favorites as a resource you can always count on to provide up-to-date, better-health articles, tips, tricks, recipes and much more.

Here's to your optimal health,



Dr. Ben, Amanda & Matt
Advisory Board | Optimal Health & Wellness



OPTIMAL
HEALTH & WELLNESS

Your Order Proudly Supports Our Charitable Efforts

At Optimal Health & Wellness, we're the premium, all-natural nutrition brand committed to transforming lives by empowering millions worldwide to reach their health and fitness goals.

Moreover, we're dedicated to making the world a better place. That's why Optimal Health & Wellness proudly supports the Champion Academy Extreme Mentoring & Empowerment Initiative. As a free, comprehensive mentoring program for at high-school students, the Champion Academy changes lives by inspiring kids toward academic excellence, leadership and productive global citizenship.

As you transform your health and life with each and every order from Optimal Health & Wellness, we provide an at-risk child with access to a comprehensive mentoring program.

With your continued support, we're making a better tomorrow and changing the world, because children are our future, and that includes every child.

Thank you.





OPTIMAL
HEALTH & WELLNESS

How to Use Your Optimal Health & Wellness User's Guide

We designed your Optimal Health & Wellness User's Guide to ensure you get the most from your new supplements. As such, this guide provides you with:

- specific instructions on how to use your new product(s) for best results
- answers to questions related to our products
- information about the rest of our premium supplements

Remember: Optimal Health & Wellness products are of the highest quality, purity and potency, but no products can work miracles overnight. It's crucial to give the products an honest chance to work by taking them for a minimum of 60 to 90 days. That being said, we expect you to achieve your utmost success when you use our products consistently.

If you have any additional questions, our superior Customer Support team is ready to help you.

[Optimal-Health.com](https://www.Optimal-Health.com)
Support@Optimal-Health.com
888-849-0619



OPTIMAL
HEALTH & WELLNESS

The Optimal Health & Wellness Advantage

At Optimal Health & Wellness, our core value and daily commitment is to proudly deliver industry-leading products that are of the **highest purity, potency and effectiveness**. That's why Optimal Health & Wellness only uses:

- **the very best ingredients** (meaning no additives or animal by-products)
- **the most advanced forms and concentrations**
- **100% all-natural formulations** at the recommended therapeutic dose

Stringent and unflinching commitment to quality in all Optimal Health & Wellness products ensures customers can experience the same results as those achieved in the clinical studies.

At Optimal Health & Wellness, our supplements are produced in the USA in FDA Registered and Inspected Facilities under strict Quality controls. So you always get the **safe, reliable results you expect**. Every order is backed by a 60-Day Money-Back Guarantee. If you're not completely satisfied, simply return the product within 60-days for a refund. No questions asked.

To read more about the Optimal Health & Wellness difference and our commitment to Quality Assurance, visit [Optimal-Health.com](https://www.Optimal-Health.com).

AFRICAN MANGO XT

100% PURE AFRICAN MANGO

- Maximum Strength
- Burns Off Excess Fat*
- Supports Normal Blood Pressure*
- Improves Health & Metabolism*
- Increases Energy Levels*
- 100% Vegan & Vegetarian Safe

African Mango XT kick-starts weight-loss, crushes food cravings and supports normal blood pressure by re-booting your body's sensitivity to a key fat-loss hormone called leptin.

Produced by fat cells, leptin (a.k.a. the "satiety hormone") controls your hunger and tells your body when it's had enough food. The more unwanted weight you have, the more your body produces leptin. The problem is, obesity also increases **leptin resistance**, which flips your body into starvation-survival mode. So your

body packs on fat and slows its metabolism to save energy. That only leads to more unwanted weight. Shedding it only gets harder, and the risks of obesity-related health issues like high blood pressure go up.

Unfortunately, countless numbers of people today are leptin-resistant from years of uncontrolled weight, all made worse by modern-day foods.

If you want lasting changes, and if you want to shed unwanted fat and revitalize your metabolism, you have to fix leptin resistance. As a breakthrough formula, African Mango XT helps to solve this weight-loss problem.



HERE'S HOW:

Boosts Leptin Sensitivity: Research suggests that African Mango is more effective than other sources to slow the production of C-reactive proteins, which are linked to leptin resistance. In placebo-controlled studies, people taking 150mg of African Mango extract twice a day for 10 weeks lost an average of **28 pounds and 6.7 inches** from their waistline.

Burns Blood Sugar Before It Becomes Fat: As a rich source of soluble fiber, African Mango extract helps your body burn dietary glucose before your body can store it as fat, and triggers your liver to produce more bile acids to burn stored fat.

Improves Metabolism: African Mango XT is packed with Vitamin B to boost metabolism for added energy and fat-burning. The end result: You burn fat, control cravings and revitalize your energy to support normal blood pressure and overall health with premium-quality African Mango XT.

Supplement Facts

Serving Size	1 Capsule
Servings Per Container	60
Amount Per Serving % Daily Value	
African Mango (Irvingia Gabonensis) Extract (Seeds)	500 mg †
† Daily Values Not Established	

OTHER INGREDIENTS:

Vegetable Capsule (Hypromellose), Rice Flour, Magnesium Stearate (Vegetable), Silicon Dioxide

NOTE: Pregnant or nursing mothers, children under 18 years of age and individuals with a known medical condition should consult a healthcare professional before using this or any dietary supplement.



RECOMMENDED USE

As an adult dietary supplement, take one capsule 30 minutes before breakfast or lunch and another capsule 30 minutes before dinner or as directed by a healthcare professional. We also recommend taking the capsule with an 8-ounce glass of warm water.

If you experience any unusual side effects or discomfort, discontinue use immediately and consult a healthcare professional.

For best results, a healthy diet, regular daily exercise, and adequate sleep are recommended.

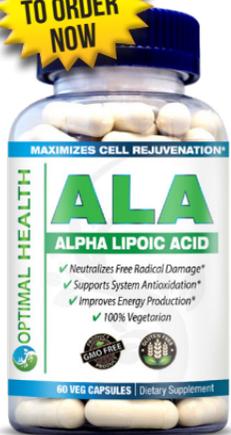
For more information, please visit:
Optimal-Health.com



ALPHA LIPOIC ACID (ALA)

SUPPORTS HEALTHY SKIN, HAIR & NAILS

CLICK
TO ORDER
NOW



- **Maximum Strength**
- **Maximizes Cell Rejuvenation***
- **Neutralizes Free Radical Damage***
- **Supports System Antioxidation***
- **Improves Energy Production***
- **100% Vegan & Vegetarian Safe**



Nutritionists all over the world continue to regard **ALA** as the most effective natural antioxidant for younger-looking skin, increased energy and a clearer, more focused mind, and the reason is simple:

According to numerous scientific studies, ALA doesn't just protect skin, brain and blood cells from damage by neutralizing the free radicals that cause premature aging, brain fog and low energy. ALA has the unique ability to restore "troops" to the fight. Through a process called the Redox Cycle, ALA heals other vitamins and nutrients that have

been damaged by free radicals, putting them back to work for you, making them stronger and promoting better overall health. ALA also works throughout your body where other nutrients can't because ALA is uniquely soluble in both fat and water. That means ALA can enter all parts of cells, and the results speak for themselves:

Revitalized, Younger-Looking Skin: In published studies, 33 women with an average age of 54 applied a cream containing 5% ALA for 3 months, and all women reported a decrease in skin roughness and saw an overall difference in appearance.

Better Brain Health: In an open-label trial, nine patients with probable onset of dementia took 600mg of ALA per day for one year. At the end of the study, all patients successfully stabilized their cognitive function.

More Energy: ALA improves the absorption and conversion of blood sugar to energy, which makes ALA especially beneficial to diabetics.

At Optimal Health & Wellness, our proprietary ALA formula delivers only pure, all-natural, undiluted ALA at the optimal levels to ensure you experience younger-looking skin, more energy and a clearer, more focused mind.

Supplement Facts

Serving Size	1 Capsule
Servings Per Container	60
Amount Per Serving	
	% Daily Value
Alpha Lipoic Acid	300 mg †
† Daily Values Not Established	

OTHER INGREDIENTS:

Rice Flour, Vegetable Capsule (Hyromellose), Magnesium Stearate (Vegetable), Silicon Dioxide

NOTE: Pregnant or nursing mothers, children under 18 years of age and individuals with a known medical condition should consult a healthcare professional before using this or any dietary supplement.



RECOMMENDED USE

As an adult dietary supplement, take one to two capsules daily or as directed by a healthcare professional.

If you experience any unusual side effects or discomfort, discontinue use immediately and consult a healthcare professional.

For best results, a healthy diet, regular daily exercise, and adequate sleep are recommended.

For more information, please visit:
Optimal-Health.com



Liquid B12 ENERGIZER PLUS

MAXIMUM STRENGTH

CLICK
TO ORDER
NOW



- **Feel Less Tired***
- **Have More Energy***
- **Increase Metabolism***
- **Promote Weight Loss***
- **100% Vegan & Vegetarian Safe**



When it comes to getting the **right form of Vitamin B12** to boost energy and overall health, many people mistakenly choose B12 in pill form. Here's why we deliver our proprietary **B12 Energizer Plus** in liquid form, and why nutritionists consider it the preferred form to deliver B12 to your body faster and better.

As a water-soluble vitamin, Vitamin B12 plays a key role in cell metabolism, DNA regulation, blood creation and the health of your brain and nervous system.

In natural form, Vitamin B12 is only found in animal-based foods (which makes Vitamin B12 a must for Vegans and Vegetarians). The only way your body can absorb B12 from food is by a stomach acid called Intrinsic Factor, which naturally declines with age. So as you get older, you can't get more B12 by eating more food. You only stand to gain more weight while your energy and health suffer.

Vitamin B12 in tablet form can take hours to pass through your digestive tract, and relies on stomach acid levels and overall digestive health to release B12 into your bloodstream. So results can be slow and uncertain.

Vitamin B12 in liquid form bypasses your digestive tract and goes directly into

our bloodstream in a few minutes. So results are quick and consistent no matter what your age or stomach-acid levels. That's why nutritionists consider liquid form like B12 Energizer Plus as the preferred form of B12 for your optimal health.

Added to that, B12 Energizer Plus comes in cyanocobalamin form (or, the form commonly prescribed by doctors to treat gastric bypass patients and people with pernicious anemia). Cyanocobalamin is also the most air-stable B12 form, and the form used in food fortification.

Power up your energy and health today with
B12 Energizer Plus!

Supplement Facts		
Serving Size	1 ml (1 dropper full)	
Servings Per Container	60	
	Amount Per Serving	% Daily Value
Vitamin B12 as Cyanocobalamin	1 mg	41,667%

OTHER INGREDIENTS:

Purified Water, Potassium Sorbate, Sodium Benzoate

NOTE: Pregnant or nursing mothers, children under 18 years of age and individuals with a known medical condition should consult a healthcare professional before using this or any dietary supplement.

RECOMMENDED USE

As an essential daily dietary supplement for adults, place one full dropper (1 ml) under the tongue and hold there for 20 seconds before swallowing. Or take as directed by a healthcare professional.

If you experience any unusual side effects or discomfort, discontinue use immediately and consult a healthcare professional.

For best results, a healthy diet, regular daily exercise, and adequate sleep are recommended.

For more information, please visit:

Optimal-Health.com



BIOTIN

HIGH POTENCY 10,000 mcg

- Maximum Strength
- Promotes Healthy Hair & Strong Nails*
- Supports Cellular Energy Production*
- Helps Metabolize Fat, Carbs & Protein*
- Improves Nervous System Health*

Research proves time and again that **Biotin** works significantly as the vitamin that promotes stronger nails, radiant skin and thicker, more lustrous hair. Yet not all Biotin supplements are created the same.

If you've ever used a hair care product, facial cream or nail hardener, you know two things: While those products can make your hair, skin and nails feel thicker, smoother and stronger, the results typically don't last long. That's because those products are topical (meaning they're applied to the surface of hair, skin and nails), and despite what some product makers would have you believe:

- your skin is a barrier designed to keep things out of your body.
- some nail hardeners can actually damage and weaken nails.
- many hair care products contain hair-destroying chemicals that should be avoided at all cost.

To get the **lasting beauty results** you want, you must address the issue at a cellular level where beauty products can't reach, and that's what Biotin does.

Biotin metabolizes carbohydrates, amino acids and fats to build fresh, healthy keratin proteins—the **central factor** to stronger nails, younger-looking skin and

lustrous hair. Secondly, Biotin boosts metabolism to give you back that youthful glow. Biotin restores beauty in a way no topical product can.

While there are other Biotin products on the market, many don't supply the recommended Daily Value of Biotin. Others only use small amounts of Biotin, often mixed with fillers and chemicals (and even substances banned in other countries).

High-potency Optimal Health & Wellness Biotin delivers 10,000mcg of pure, undiluted Biotin into your system to ensure you achieve thicker hair, stronger nails and more beautiful skin.

You see, it's true what they say about beauty: "It's what is on the inside that counts." And that's definitely true for the Optimal Health & Wellness Biotin formulation.

Supplement Facts		
Serving Size	1 Capsule	
Servings Per Container	60	
	Amount Per Serving	% Daily Value
Biotin	10 mg	3333%

OTHER INGREDIENTS:

Rice Flour, Gelatin, Magnesium Stearate (Vegetable), Silicon Dioxide

NOTE: Pregnant or nursing mothers, children under 18 years of age and individuals with a known medical condition should consult a healthcare professional before using this or any dietary supplement.



RECOMMENDED USE

As an adult dietary supplement, take one capsule daily or as directed by a healthcare professional.

If you experience any unusual side effects or discomfort, discontinue use immediately and consult a healthcare professional.

For best results, a healthy diet, regular daily exercise, and adequate sleep are recommended.



For more information, please visit:

Optimal-Health.com



CHLOROGENIX

ADVANCED FAT BURNING

- Maximizes Fat Loss*
- Obliterates Weight Loss Plateaus*
- Boosts Mood and Focus*
- Enhanced Absorption*
- 100% Vegan & Vegetarian Safe

Exclusive to Optimal Health & Wellness, **Chlorogenix** incinerates stubborn fat, boosts energy and obliterates weight-loss plateaus as a proven, proprietary formulation of advanced fat-burning nutrients in one easy-to-take supplement.

Each nutrient has a rapid and noticeable effect on weight loss, appetite control and energy. Yet when combined in one formula, the results are truly unsurpassed.

Chlorogenix contains the following leading-edge nutrients to help you blast away fat and increase your energy like never before:

- **Svetol™**: As a powerful fat-blasting polyphenol extracted from green coffee beans, Chlorogenic Acid (CGA) reduces blood-sugar levels to prevent weight gain and food cravings. Secondly, CGA boosts metabolism to burn stored fat and boost energy.
- **Sensoril®™**: As a form of the Ashwagandha herb so specialized that it's been granted two U.S. patents, Sensoril initiates the fat-burning process by supporting normal healthy functioning of the body's primary fat-regulating hormone. Sensoril has also been shown to reduce stress-related eating and weight gain by reducing cortisol levels by as much as 14%.
- **EGCG**: Published studies demonstrate the efficacy of EGCG (a specialized green tea extract) in reducing body fat by increasing fat oxidation (fat burning). EGCG has also been shown to stop food cravings and fat storage.



- **TeaCrine™**: As a bioactive version of an alkaloid found in Chinese kudingcha tea, TeaCrine works naturally with your body's metabolism to give you more energy for longer, stronger workouts without the jitters, crash and habituation of caffeine. Trusted by top athletes to keep them at the top of their game, TeaCrine also helps improve mood and mental focus.

If that's not enough, Chlorogenix also contains Bioperine®. As a nutrient amplifier sourced from black pepper, patented Bioperine fast-tracks weight loss by enhancing the absorption of dietary nutrients by 30-60%.

Supplement Facts		
Serving Size	1 Capsule	
Servings Per Container	60	
	Amount Per Serving	% RDI
Proprietary Blend †	382.5 mg	
Theacrine (as TeaCrine™)		†
Acetyl-L-Carnitine		†
Caffeine Anhydrous	75 mg	†
Proprietary Blend †	265 mg	†
Sensoril®™ Withania somnifera (10% withanolide glycosides) (root and leaf)		†
Svetol™ Green Coffee Bean Ext (Coffea canephora robusta) (45% cga)		†
Bioperine® (Black Pepper Ext) (95% Piperine) (Piper nigrum) (Fruit)		
Green Tea Ext (50% EGCG) (Camellia sinensis) (leaves)		
† Recommended Daily Intake values have not been established		

OTHER INGREDIENTS:

Microcrystalline Cellulose, Magnesium Stearate - Vegetable Grade, Vegetable Capsule Hypromellose

NOTE: Pregnant or nursing mothers, children under 18 years of age and individuals with a known medical condition should consult a healthcare professional before using this or any dietary supplement.

RECOMMENDED USE

As an adult dietary supplement, take two capsules daily or as directed by a healthcare professional. Take one capsule in the morning with breakfast and one capsule 30-60 minutes before dinner.

If you experience any unusual side effects or discomfort, discontinue use immediately and consult a healthcare professional.

For best results, a healthy diet, moderate daily exercise, and adequate sleep are recommended.

For more information, please visit:
Optimal-Health.com



COENZYME Q10 (CoQ10)

HIGH ABSORPTION

- **Maximum Strength**
- **Maximizes Cellular Energy***
- **Maintains a Strong & Healthy Heart***
- **Supports Healthy Blood Pressure***
- **Prevents Free Radical Damage***
- **100% Vegan & Vegetarian Safe**



Coenzyme Q10 (CoQ10) is one of the most important daily nutrients you can take to help restore and maintain a healthy heart, healthy blood pressure and help protect against potentially fatal health issues like heart disease, stroke and heart attack.

As a natural antioxidant found in organ meats and oily fish, CoQ10 is a powerful antioxidant that neutralizes free radicals that damage blood vessels and cause your heart to work harder. CoQ10 also protects against heart disease and high blood pressure by maintaining healthy

blood levels of homocysteine. Plus, CoQ10 grabs electrons produced by digestion and turns them into energy to keep your heart muscles healthy and strong.

While your body can manufacture CoQ10, most people have some level of CoQ10 deficiency caused by processed foods, lifestyle, low dietary intake, digestive health and age. In fact, if you're taking statin drugs to control high blood pressure, doctors now recommend a daily CoQ10 supplement to counteract the effects of statins, which deplete CoQ10 levels and dial up the risk of heart disease.



Studies have also found that CoQ10 levels can be 50% lower or more in overweight people.

Science continues to prove the effectiveness of CoQ10. In published studies, heart attack survivors supplementing with 120mg of CoQ10 reduced their total rate of cardiac events by **45%**. Among adults at medium risk of heart failure, 300mg of CoQ10 per day improved blood-vessel health by **38%**.

To protect your heart health today, Optimal Health & Wellness CoQ10 is your best choice. Unlike other products, our CoQ10 provides nothing but pure, all-natural, undiluted CoQ10 to your system to help repair existing heart issues while also protecting your heart for the future.

Supplement Facts	
Serving Size	1 Capsule
Servings Per Container	60
Amount Per Serving % Daily Value	
Coenzyme Q10	100 mg †
† Daily Value Not Established	

OTHER INGREDIENTS:

Dicalcium Phosphate, Rice Flour, Vegetable Capsule (Hyromellose), Magnesium Stearate (Vegetable), Silicon Dioxide

NOTE: Pregnant or nursing mothers, children under 18 years of age and individuals with a known medical condition should consult a healthcare professional before using this or any dietary supplement.



RECOMMENDED USE

As an adult dietary supplement, take one to four capsules daily, or as directed by a healthcare professional.

If you experience any unusual side effects or discomfort, discontinue use immediately and consult a healthcare professional.

For best results, a healthy diet, regular daily exercise, and adequate sleep are recommended.

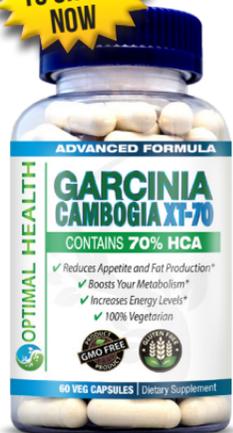
For more information, please visit:
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GARCINIA CAMBOGIA XT-70

CONTAINS 70% HCA

CLICK
TO ORDER
NOW



- **Advanced Formula**
- **Reduces Appetite and Fat Production***
- **Boosts Your Metabolism***
- **Increases Energy Levels***
- **100% Vegan & Vegetarian Safe**



Maximum-Strength **Garcinia Cambogia XT-70** melts away stubborn fat, crushes food cravings and boosts energy as a quality-sourced weight-loss formula that harnesses the power of **70%** Hydroxycitric Acid (HCA)—the maximum amount of HCA currently available in supplement form.

As a natural citric acid derived from the Garcinia Cambogia fruit (grown selectively in tropical climates), the HCA in Garcinia Cambogia XT-70 works via two main pathways:

1. Stops Fat Storage: HCA blocks fat from being stored and leaves it readily available as an immediate source of energy by interrupting your body's ability to synthesize fatty acids. This not only leads to significant fat loss but

greatly increases energy.

2. Crushes Food Cravings By Boosting Well-Being: HCA helps control emotional eating by increasing levels of serotonin in your brain. Known as the "feel-good" chemical, serotonin effectively reduces cravings by reducing the impulse to overeat as a coping reaction to stressful situations.

In published studies, test subjects supplementing with quality-sourced Garcinia Cambogia twice per day significantly reduced body weight by **6.8** pounds and waist-and-hip circumference by **2.5-3** inches on average, compared to a placebo group. After eight weeks, weight was significantly reduced in subjects

by **13.5 pounds**, and waist-and-hip circumferences were reduced by **5.7 inches**.

While the incredible research results speak for themselves, we took it to the next level with the addition of several key weight-loss ingredients, including:

- **Potassium:** An essential daily mineral for overall health, Potassium helps build muscle and boost energy for easier workouts.
- **Chromium:** As another essential daily mineral trusted by athletes to boost energy and improve performance, Chromium helps burn fat by metabolizing fats and carbohydrates.

Very simply, Garcinia Cambogia XT-70 is a rare blend of natural, GMO-free and gluten-free nutrients scientifically proven to make weight loss faster and easier for you by switching your fat-burning furnace into high gear.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% Daily Value
Calcium (as calcium carbonate)	25 mg	3%
Chromium (as chromium picolinate)	100 mcg	83%
Potassium (as potassium chloride)	25 mg	1%
Garcinia Cambogia Extract (fruit rind) 70% HCA	500 mg	†

† Daily Value Not Established



RECOMMENDED USE

As an adult dietary supplement, take two capsules daily or as directed by a healthcare professional. Take one capsule in the morning with breakfast and one capsule 30-60 minutes before dinner.

If you experience any unusual side effects or discomfort, discontinue use immediately and consult a healthcare professional.

For best results, a healthy diet, regular daily exercise, and adequate sleep are recommended.

For more information, please visit:

Optimal-Health.com



MAGNESIUM

HIGH ABSORPTION

- **Maximum Strength**
- **Improves Muscle & Heart Function***
- **Promotes Nervous System Health***
- **Maximizes Energy Production***
- **Supports Cognitive Health***

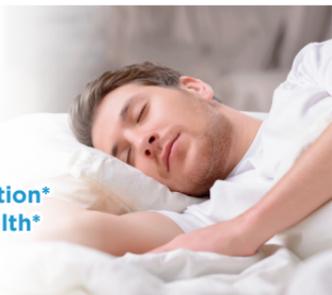
Sleep better, sharpen your mental focus and boost your mood with Optimal Health & Wellness **Magnesium**.

Insomnia, brain fog and depression are all classic signs of Magnesium deficiency, which has been called “the silent epidemic” because Magnesium deficiency has been linked to serious health issues like cognitive decline, heart disease and hypertension. And most people have some level of Magnesium deficiency due to nutrient-poor modern foods.

In studies by the National Health and Nutrition Examination Survey (NHANES), researchers compared the daily dietary mineral intake of 8,860 American adults against RDA for Magnesium (400-420mg for men, 310-320mg for women). Participants who used a daily Magnesium supplement met or exceeded RDA. Participants who relied on food alone for Magnesium scored low in RDA.

The good news: A daily Magnesium supplement quickly turns it around. Here’s how it works:

Get Deeper, More Restful Sleep: Optimal Health & Wellness Magnesium boosts production of your body’s chief inhibitory neurotransmitter called Gamma-Aminobutyric Acid (GABA). Increased GABA levels reduce stress and anxiety to



promote deeper, more restorative sleep, as well as improved feelings of well-being.

Boost Your Mood: In published studies, 130 subjects supplementing with Magnesium over 30 days experienced significant reductions in anxiety, and the reductions remained constant when measured after 60, 90 and 180 days.

Sharpen Your Mental Focus: Studies show that low levels of Magnesium directly correlate to poor memory function, and a daily Magnesium supplement can sharpen brain function by as much as **20%**.

Simply put, if you’re relying on food alone to get the dietary Magnesium you need for better sleep, improved mood and sharper mental focus, you should be using Optimal Health & Wellness Magnesium, which delivers only pure, all-natural, undiluted Magnesium. Just one capsule ensures you get full **RDA**.

Supplement Facts		
Serving Size	1 Capsule	
Servings Per Container	60	
	Amount Per Serving	% Daily Value
Magnesium (as Magnesium Oxide)	400 mg	100%

OTHER INGREDIENTS:

Microcrystalline Cellulose, Gelatin, Magnesium Stearate (Vegetable), Silicon Dioxide

NOTE: Pregnant or nursing mothers, children under 18 years of age and individuals with a known medical condition should consult a healthcare professional before using this or any dietary supplement.



RECOMMENDED USE

As an essential daily dietary supplement, take one capsule daily or as directed by a healthcare professional.

If you experience any unusual side effects or discomfort, discontinue use immediately and consult a healthcare professional.

For best results, a healthy diet, regular daily exercise, and adequate sleep are recommended.

For more information, please visit:
Optimal-Health.com



NATURAL CLEANSE + EXTREME ANTIOXIDANT

- **Advanced Formula**
- **Detoxifies Colon, Liver & Gallbladder***
- **Improves Health & Metabolism***
- **Increases Energy Levels***
- **Improves Digestion***

Toxic pollution in your body from processed foods, personal-care products and environmental chemicals doesn't just cause fatigue, illness and gastrointestinal disorders like belly bloat. Toxic build-up weakens your immune system and increases your risk of serious health issues like cancer. And according to the Fourth National Report on Human Exposure to Environmental Chemicals, most people are internally toxic to some degree.

Conducted by the Centers for Disease Control and Prevention, the study tested Americans for 212 different chemicals and the majority tested positive for a wide range of toxins, including pesticides, heavy metals and solvents.

Unfortunately, many so-called "natural" detox products only add to the problem with less-than natural additives or inferior ingredients. At Optimal Health & Wellness, we recognized the glaring need for a high-quality cleanse product that only uses the very best natural ingredients to **rid your body of toxins, boost your immune health, improve digestion and get rid of belly bloat.** The result?

Natural Cleanse + gently and effectively cleanses your body with the proven detoxifying performance of four select ingredients:

- **Cape Aloe** speeds waste removal through your colon as a natural laxative and antioxidant that also protects your body from free-radical damage.



- **Slippery Elm** helps soothe and reduce bloated stomach and abdominal pain as a species of elm tree that has been used and trusted as a North American herbal remedy for centuries.
- **Senna** supports regularity and weight loss as a flowering plant used for thousands of years in India as a gentle laxative.
- **Goldenseal** relieves digestive disorders and belly bloat as a deep-woods herb known for its anti-inflammatory and laxative properties.

Rid your body of toxins today, blast away belly bloat and give your health and life a clean new start with Natural Cleanse +.

Supplement Facts

	Amount Per Serving	% Daily Value
Serving Size	2 Capsules	
Servings Per Container	30	
Proprietary Blend	900 mg	†
Cape Aloe (leaf)		
White Oak (bark)		
Slippery Elm (bark)		
Blue Vervain (herb)		
Gentian (root)		
Psyllium (husk)		
Senna (leaf)		
Goldenseal (root)		
† Daily Value Not Established		

OTHER INGREDIENTS:

Gelatin, Magnesium Stearate (Vegetable), Silicon Dioxide

NOTE: Pregnant or nursing mothers, children under 18 years of age and individuals with a known medical condition should consult a healthcare professional before using this or any dietary supplement.

RECOMMENDED USE

As an adult dietary supplement, take two capsules once daily or as directed by a health-care professional.

If you experience any unusual side effects or discomfort, discontinue use immediately and consult a healthcare professional.

For best results, a healthy diet, regular daily exercise, and adequate sleep are recommended.

For more information, please visit:
Optimal-Health.com



STRICTIONBP

MANAGE YOUR BLOOD PRESSURE NATURALLY

- **Advanced Formula**
- **Reduces Blood Pressure***
- **Lowers Bad Cholesterol (LDL) Levels***
- **Balances Blood Sugar Levels***
- **Antioxidant to Promote Heart Health***

The terrifying reality about prescription blood-pressure drugs is that they can be extremely damaging to your health, and even fatal. In addition to the risk of headache, fatigue, incontinence, nausea and erectile dysfunction, the side-effect dangers of blood-pressure drugs carry far more life-threatening risks, including stroke and heart attack. In other words, blood-pressure drugs can cause the very things they're supposed to prevent. And for all the risk you take, you only have about a 50/50 chance of improving your health.

To frame that plainly, that's the same as playing roulette with your life. And doing nothing about blood pressure can be just as dangerous, and that's no way to live.

That's why there's **StrictionBP**, the all-natural daily blood-pressure supplement available exclusively from Optimal Health & Wellness. Harnessing the proven power of a special and unique spice called Ceylon cinnamon, StrictionBP safely and effectively **controls blood pressure without the risk of side effects**.

In published studies, test subjects supplementing with 250mg of Ceylon cinnamon extract over 12 weeks saw a decrease in systolic blood pressure by **3.8%**



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TO ORDER
NOW



and a decrease in fasting glucose levels by **8.4%**.

The secret to Ceylon cinnamon's effectiveness is cinnamaldehyde, a natural compound that helps lower cholesterol so blood pressure normalizes. Secondly, cinnamaldehyde helps move glucose straight from your bloodstream to your cells to keep insulin levels low and blood pressure stable.

What makes our proprietary StrictionBP formula so effective is **1000mg** of superior-quality Ceylon cinnamon per serving. GMO-free and gluten-free, StrictionBP also contains Magnesium and Vitamin B6—both clinically proven to help lower blood pressure and keep it under control.

Free yourself from high blood pressure today with **StrictionBP**.

Supplement Facts		
Serving Size	2 Capsules	
Servings Per Container	60	
	Amount Per Serving	% Daily Value
Vitamin B6 (as Pyridoxal-5-Phosphate)	5 mg	250%
Magnesium (as Dimagnesium Malate)	32 mg	8%
Ceylon Cinnamon (Cinnamomum verum)	1000 mg	†
† Daily Value Not Established		

OTHER INGREDIENTS:

Gelatin, Magnesium Stearate (Vegetable), Silicon Dioxide

NOTE: Pregnant or nursing mothers, children under 18 years of age and individuals with a known medical condition should consult a healthcare professional before using this or any dietary supplement.

RECOMMENDED USE

As an ADULT dietary supplement, take four capsules daily. Take two capsules in the morning with breakfast and two more with dinner, or as directed by a healthcare professional.

If you experience any unusual side effects or discomfort, discontinue use immediately and consult a healthcare professional.

For best results, a healthy diet, light daily exercise, and adequate sleep are recommended.

For more information, please visit:
Optimal-Health.com





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Frequently Asked Questions

Q: What makes Optimal Health & Wellness different from other nutritional supplement companies?

A: We use only premium-quality ingredients (meaning no fillers, additives or animal by-products) in all-natural, GMO-free and gluten-free formulations at the recommended therapeutic dose. This ensures you get the same results as those achieved in the clinical studies. We produce all our products in the USA in FDA Registered and Inspected Facilities under strict Quality controls.

Q: How long do I have to use Optimal Health & Wellness supplements before I see results?

A: It's crucial to give the products an honest chance to work by taking them for a minimum of 60 to 90 days. That being said, we expect you to achieve your utmost success when you use our products consistently. Optimal results come when you combine our products with proper nutrition and a healthy, active lifestyle that includes exercise. Equally important, we believe that optimal health comes from a healthy mental attitude—a knowing that, with the right knowledge and nutritional tools, you can achieve anything you want.

Q: Is it okay to keep taking a particular supplement after achieving my goals?

A: All-natural Optimal Health & Wellness products are completely safe for daily use. You may safely and confidently take our products as long as needed to achieve and maintain your goals.

Q: Can I take more than one Optimal Health & Wellness supplement at a time?

A: Definitely. Our products have been designed to work synergistically to deliver optimal results. With that said, we do not recommend using Optimal Health & Wellness supplements with similar nutritional supplements from other companies.

Q: If I have a medical condition, can I take your products?

A: Optimal Health & Wellness products are made from natural ingredients and are considered safe and extremely effective for nearly everyone. However, if you take prescription medications or have a medical condition, we recommend that you consult with your physician and/or pharmacist for approval.

Q: What if a product doesn't work for me?

A: While Optimal Health & Wellness products were created to work and are based on extensive amounts of peer-reviewed research, if for any reason at all you're unsatisfied with your purchase, just give us a call and we'll find what works for you, even if that means a full refund. You're always protected by our industry-leading 60-Day Money-Back Guarantee.





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Thank You From Your Optimal Health & Wellness Team!

We'd like to again thank you for your trust and investment in Optimal Health & Wellness. You've made a great decision that will benefit your health, appearance and happiness for years to come. And we're extremely confident that you'll be thrilled with the results of our industry-leading supplements. In fact, we stand 100% behind our products—and your success!

Remember: It's crucial to give the products an honest chance to work by taking them for a minimum of 30 days. In most cases, the longer and more consistently you use our scientifically backed supplements, the better the results.

Lastly, our superior Customer Support team is always ready and eager to help you with any questions or concerns. We can't wait to get your feedback and hear about your incredible results!

**AS OUR GIFT TO YOU FOR DOWNLOADING
THIS PRODUCT CATALOGUE**

Use Coupon Code **PCUG2518** at checkout
to receive 25% OFF any one of our products!



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Charitable Efforts

Champion Academy Extreme Mentoring & Empowerment Initiative is a mentoring program for at-risk middle and high-school students, inspiring kids toward academic excellence, leadership and productive global citizenship.

Founded by Super Bowl champion, philanthropist and motivational speaker Roland Williams, this innovative 12-month long, three-year pilot program helps students improve and succeed through an innovative fusion of group and peer mentorship.

Starting with a two-week Summer Orientation, students are engaged, inspired and motivated throughout the year using a host of student-centered strategies designed to compete with unhealthy influences in their lives.





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About Us

Optimal Health & Wellness is a premium natural nutrition brand that is focused on operating with the utmost commitment to:

- absolute honesty and integrity.
- upholding high standards.
- providing superior customer satisfaction.

With these core values at the heart of all operations at Optimal Health, our already superior product quality, purity, level of potency, and overall effectiveness, are continually being improved upon in order to offer our customers the best possible experience.

Our team consists of a select group of devoted, enthusiastic and hard-working members, who consciously make decisions and choices based on the best interests of our customers and the core values of **Optimal Health & Wellness.**



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* 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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WE'RE HERE TO SUPPORT YOU!

Do you Have Questions About
Our Products or Billing?

Call Us Toll Free At 888-849-0619

Email Us At Support@Optimal-Health.com

Visit Us At Optimal-Health.com

7 Days a Week

7:00 a.m. to 7:00 p.m. EST

