

OSP—Optimal Support Packets

Supplement Facts

Serving Size: 1 packet (approximately 6 g) | Servings Per Container: 60

	Amount Per Serving	% Daily Value
Calories	20	
Total Carbohydrate	3 g	1%**
Dietary Fiber	1 g	4%**
Protein	2 g	4%**
Vitamin A (as beta carotene and mixed carotenes)	750 mcg RAE	80%
Vitamin C (as ascorbic acid and acerola fruit extract)	225 mg	250%
Vitamin D (as ergocalciferol)	10 mcg	50%
Vitamin E (as d-alpha-tocopheryl succinate with mixed tocopherols and tocotrienols)	32 mg	210%
Thiamin (as thiamine mononitrate and from baker's yeast)	3 mg	250%
Riboflavin (as riboflavin and from baker's yeast)	3.4 mg	260%
Niacin (as niacinamide and from baker's yeast)	10 mg NE	60%
Vitamin B ₆ (as pyridoxal-5-phosphate and from baker's yeast)	4 mg	240%
Folate (as calcium L-5 methyltetrahydrofolate and from baker's yeast)	555 mcg DFE (333 mcg Folic Acid)	140%
Vitamin B ₁₂ (as cyanocobalamin and baker's yeast)	12 mcg	500%
Biotin (as biotin from baker's yeast)	150 mcg	500%
Pantothenic Acid (as calcium D-pantothenate and from baker's yeast)	20 mg	400%
Choline (as choline bitartrate)	25 mg	5%
Calcium (as calcium citrate-malate)	25 mg	2%
Iodine (from potassium iodide)	75 mcg	50%
Magnesium (as magnesium oxide, magnesium bisglycinate)	335 mg	80%
Zinc (as zinc bisglycinate chelate)	7.5 mg	70%
Selenium (as L-selenomethionine)	100 mcg	180%
Copper (as copper glycinate)	1 mg	110%
Manganese (as manganese glycinate)	1 mg	45%
Chromium (as chromium nicotinate glycinate chelate)	200 mcg	570%
Molybdenum (as molybdenum glycinate chelate)	37.5 mcg	80%
Sodium	5 mg	<1%
Ambrotose® Complex	356 mg	†
Gum Arabic, Xanthan Gum, Gum Tragacanth, Arabinogalactan (from <i>Larix</i> spp. wood) [§] , Aloe vera extract (inner leaf gel powder) ^{***}		
Wild Yam Extract	400 mg	†
L-Glutamic Acid	400 mg	†
Glycine	400 mg	†
L-Lysine (as L-Lysine HCl)	400 mg	†
L-Arginine (as L-Arginine HCl)	190 mg	†
MTech AO Blend®	117 mg	†
Quercetin Dihydrate, Grape Skin Extract, Green Tea Extract (leaf), Australian Bush Plum (<i>Terminalia ferdinandiana</i>) (fruit)		
Beta-Sitosterol (from plant sterols)	50 mg	†
Ashwagandha [‡] root and leaf extract (<i>Withania somnifera</i>)	62.5 mg	†
Boron (from boron glycine)	3 mg	†
Vanadium (as vanadium amino acid chelate)	100 mcg	†
Inositol	12.5 mg	†
Alpha-Lipoic acid	7 g	†
Spirulina	100 mg	†
Coenzyme Q10	6 mg	†
Optimal Support Phyto-Blend	52 mg	†
Strawberry (fruit), raspberry (fruit), blueberry (fruit), carrot (root), broccoli (flower/stalk), tomato (fruit), kale <i>Brassica oleracea</i> (leaf), broccoli sprouts (leaf/stem), spinach (leaf), sour cherry (tart cherry) (fruit), elderberry <i>Sambucus</i> spp., (fruit), cranberry (fruit), cabbage (leaf), turnip (root), garlic (bulb), cauliflower (flower/stalk), onion (bulb), brussels sprouts <i>Brassica oleracea</i> (edible head), pineapple juice powder (fruit), papaya (fruit)		

**Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Microcrystalline cellulose, stearic acid, hydroxypropyl methylcellulose, croscarmellose sodium, rice hull concentrate, silicon dioxide, calcium carbonate, peppermint flavor, citric acid, glycerin, medium chain triglycerides, xylitol, magnesium stearate.