

# Take the Guesswork Out of What Supplements to Take and When!



Our pre-packaged packets of the three classic favorites, **Catalyst™ Multivitamin, PLUS™** and **Ambrotose AO®** provide a daily serving of nutrients for optimal health and longevity when combined.\*

Included in this OSP packet:

- **Catalyst Multivitamin** tablets are formulated strategically with 30 vitamins, minerals and essential nutrients, 19 of which provide 100% or more DV.\*
- **PLUS** caplets help support endocrine and foundational adrenal function to help your body's natural recovery processes from things like adrenal fatigue.\*
- **Ambrotose AO** capsules are loaded with antioxidants like naturally sourced vitamins C and E to help the body guard against oxidative stress so you can keep living well.\*

## Like It? Order Yours Now!

Just contact the person who gave you this sample.



100% Satisfaction Guarantee! If you try our products and are not completely satisfied for any reason, you can return them within 180 days of purchase for either an exchange of like products or a refund.

**\*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.**

# Supplement Facts

Serving Size: 1 packet (approximately 6.0 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 <sub>6</sub> (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 <sub>12</sub> (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%

<b>Ambrotose® Complex</b>	356 mg	†
Gum Arabic, Xanthan Gum, Gum Tragacanth, Ghatti Gum, Arabinogalactan (from <i>Larix spp.</i> wood) <sup>§</sup> , Aloe vera (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	†
<b>MTech AO Blend®</b>	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 <sup>†</sup> root and leaf extract ( <i>Withania somnifera</i> )	62.5 mg	†
Boron (from boron glycine and boron amino acid chelate)	3 mg	†
Vanadium (as vanadium amino acid chelate)	100 mcg	†
Inositol	12.5 mg	†
Alpha-Lipoic acid	7.5 mg	†
Spirulina	100 mg	†
Coenzyme Q10	6 mg	†
<b>Optimal Support Phyto-Blend</b>	52 mg	†
Proprietary Veggie Blend (Broccoli, broccoli sprouts, tomato, carrot, spinach, kale), Proprietary Berry Blend (Strawberry, blueberry, raspberry, tart cherry, elderberry, cranberry), Broccoli (flower/stalk), Brussels Sprout (aerial part), Cabbage (leaf), Carrot (root), Cauliflower (flower/stalk), Garlic (bulb), Kale (leaf), Onion (bulb), Tomato (fruit), Turnip (root), Papaya (fruit), Pineapple Juice Powder (fruit)		

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

† Daily Value not established.



## OSP + Ambrotose LIFE® = Core Four

When you add Ambrotose LIFE to OSP, you have 4 products that take a proactive approach to healthy aging.\*

**OSP + Ambrotose LIFE makes EVERYTHING work!**

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

\*\*\* Manapol® Aloe Vera Extract

§ AmbroGuard® Arabinogalactan powder

**Recommended Adult Use:** Take one packet with 8 fl. oz. of water or juice two times daily with meals.

**WARNING:** If you are pregnant, nursing, taking medications, have a health condition or are planning a medical procedure, consult your health professional before use. Discontinue use and consult a doctor if any adverse reaction occurs. Do not use if bag or packets are torn or damaged. Keep out of reach of children. Store in a cool, dry place.

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