

OSP—Optimal Support Packets

Supplement Facts		
SERVING SIZE 1 PACKET		
	AMOUNT PER PACKET	% DAILY VALUE
Calories	20	
Total Carbohydrate	3 g	1%*
Dietary Fiber	1 g	4%*
Protein	2g	
Vitamin A (as mixed carotenoids from <i>Blakeslea trispora</i> fungus)	2500 IU	50%
Vitamin C (from acerola fruit extract and ascorbic acid)	55 mg	92%
Vitamin D (as plant source ergocalciferol)	200 IU	50%
Vitamin E (as mixed tocopherols)	33 IU	110%
Thiamin (from baker's yeast)	0.75 mg	50%
Riboflavin (from baker's yeast)	0.8 mg	47%
Niacin (from baker's yeast)	8 mg	40%
Vitamin B ₆ (from baker's yeast)	1 mg	50%
Folic Acid (from baker's yeast)	260 mcg	65%
Vitamin B ₁₂ (from baker's yeast)	3 mcg	50%
Biotin (from baker's yeast)	75 mcg	25%
Pantothenic Acid (from baker's yeast)	3 mg	30%
Calcium	255 mg	26%
Iron	3 mg	17%
Iodine (from mustard sprout)	75 mcg	50%
Magnesium	7 mg	2%
Zinc (from mustard sprout)	7 mg	47%
Selenium (from mustard sprout)	80 mcg	114%

Copper (from mustard sprout)	0.8 mg	40%
Manganese (from mustard sprout)	1.2 mg	60%
Chromium (from mustard sprout)	120 mcg	100%
Molybdenum (from mustard sprout)	40 mcg	53%
Sodium	15 mg	1%
Ambrotose® Complex	336 mg	
Gum Arabic†, Xanthan Gum†, Gum Tragacanth†, Ghatti Gum†, Aloe Vera (inner leaf gel powder)†, Arabinogalactan (from <i>Larix</i> spp. wood)†		
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)	200 mg	†
MTech AO Blend®	113 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	†
Rutin (from Japanese Sophora bud)	40 mg	†
Boron (from mustard sprout and boron amino acid chelate)	2.4 mg	†
Vanadium (from mustard sprout)	40 mcg	†
Optimal Support Phyto-Blend	124 mg	
Broccoli Concentrate (flore)†, Cranberry Juice Concentrate (fruit)†, Grape Skin Extract †, 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.

Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, mustard sprout, red algae, hydroxypropyl methylcellulose, croscarmellose sodium, stearic acid, silicon dioxide, citric acid, magnesium stearate, dextrin, calcium carbonate, dextrose monohydrate, soy lecithin, sodium carboxymethylcellulose, medium chain triglycerides, xylitol. **CONTAINS SOY. Gluten-Free.**

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Please read the product labels for detailed information.