

# Opti-Hist

High Potency  
Seasonal Support\*



**Therapeutic Solutions**

**Opti-Hist** is an advanced, broad-spectrum nutritional formula providing comprehensive support for seasonal environmental challenges.\* The select nutrients in this formula – Vitamin C, Vitamin D-3, and Zinc – have been chosen for their synergistic ability to offer protection by supporting the body's immune response.\*

Key ingredients in Opti-Hist include Quercetin, Bromelain and Nettle Extract, which have been found to help promote healthy mucus viscosity and provide histamine support.\* Additionally, N-Acetyl Cysteine (NAC) is included in this formula as a powerful free radical scavenger.\* NAC is also an amino acid precursor to glutathione, one of the most important antioxidants in the body.\*

**Two Capsules Contain:**

Vitamin C (as ascorbic acid) .....	200 mg
Vitamin D-3 (as cholecalciferol).....	1,000 IU
Zinc (as zinc mono-L-methionine).....	25 mg
Quercetin.....	500 mg
<i>Boswellia serrata</i> Extract (65% boswellic acids)(gum resin) .....	300 mg
Nettle ( <i>Urtica dioica</i> ) Extract (4:1)(leaf) .....	300 mg
N-Acetyl L-Cysteine .....	250 mg
Bromelain (2,400 GDU/g) .....	200 mg
Citrus Bioflavonoid Extract .....	200 mg
Grape ( <i>Vitis vinifera</i> ) Seed Extract .....	20 mg
(95% proanthocyanidins)(seed)	
Betaine HCl.....	20 mg

**Other Ingredients:** HPMC (vegetable capsule).

**Free of:** Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

**Directions:** Take four capsules daily or as directed by your healthcare practitioner.

**Optimum Therapeutic Solutions**  
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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.