

# Ultimate Capsules & Tablets



Item# 20681 - 60 Capsules

## OPC-T™

This blend contains grape seed and green tea extracts, which have been shown to contain potent antioxidants. Ultimate OPC-T™ is 100% natural and caffeine free.

- Promotes optimal well-being
- Easy to swallow\*

## Supplement Facts

Serving Size: 1 Capsule    Servings per Container: 60

Amount per Serving	% Daily Value†	Amount per Serving	% Daily Value†
Green tea leaf (camellia sinensis) containing 95 mg total phenols containing 80 mg total catechins containing 40 mg of epigallocatechin gallate	100 mg **	MSM (methylsulfonylethane)	20 mg **
Grape seed (vitis vinifera) containing 20 mg total proanthocyanidins	50 mg **	Lycopene	5 mg **

† %Daily Values are based on a 2,000 calorie diet  
\*\* Daily Value not established

Other ingredients: Gelatin capsule (gelatin and water), microcrystalline cellulose and magnesium silicate.



Item# 21210 - 60 Tablets

## OSTEO-MAG™

Magnesium, a major mineral essential to life, is involved in more than 300 enzyme systems in the human body. It is in most foods, but is found mostly in green leafy vegetables. The USDA says we aren't getting enough fruits and vegetables in our diet. Refined foods, which make up most of our diet, generally have the lowest magnesium content. Magnesium promotes optimal health and wellness\*.

## Supplement Facts

Serving Size: 1 Tablet    Servings per Container: 60

Amount per Serving		% Daily Value*
Thiamin (as thiamin mononitrate)	25 mg	1666%
Riboflavin (as riboflavin)	25 mg	1470%
Niacin (as niacinamide)	25 mg	125%
Vitamin B-6 (as pyridoxine hydrochloride)	25 mg	1250%
Folate (as folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	100 mcg	1666%
Biotin	300 mcg	100%
Pantothenic acid (from calcium pantothenate)	25 mg	250%
Magnesium (from magnesium glycinate)	200 mg	50%
Choline (from choline bitartrate)	25 mg	**
Inositol	25 mg	**

\* % Daily Value based on a 2,000 calorie diet for adults and children over 4 years of age

\*\* Daily Value not established

Other ingredients: Vegetable stearine, cellulose, cellulose gum, vegetable stearate, silica and aqueous cellulose coating with vanillin.