

dosage guide

VITAMINS

Calcium 250 with D

Calcium with D for Bone Support



100 Tablets

1-4 tablets daily

Calcium and Vitamin D are nutrients that work together to prevent several chronic diseases.

Vitamin C-500

Vitamin C with Rose Hips



100 Tablets

1-2 tablets daily or more

Vitamin C is a must for a healthy body. When you don't get enough from your diet use ours. We've added rose hips to allow for a time release effect.

Sublingual B-12 Plus

Instant Energy from Sublingual B-12



w/B6 & Folic Acid
100 Tablets

Let 1 tablet dissolve under tongue twice daily in the morning and the afternoon

Vitamin B-12 is very difficult to get into the body without being destroyed by the digestive system. Allow the tablet to melt in your mouth under the tongue. This increases energy and promotes heart health.

Life's Vitality Multi

A Very Powerful Plant Based Multi Vitamin



90 Tablets

Take 1 tablet 3 times daily with meals

No one can get all these needed ingredient by diet alone. Take 3 Tablets daily with meals. This is an extremely potent Multi that will support you well.

Epicor

Helps Support the Immune System



30 Capsules

Adults take one (1) capsule daily.

EpiCor is supported by extensive human safety studies, backed by science and has proven up to 60% improvement in key immune functions.

Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. These products are manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.



I have been a customer of Optimal Health RSQ for almost three years. I have always had an inherited cholesterol problem which the medical doctors wanted to put me on a statin drug. While in Austin, TX I was referred to a Naturopathic Doctor, who actually saved my life. She encouraged me to go on a program offered by Optimal Health RSQ and every year my overall blood test just keeps getting better. I have not put a man made chemical drug in my body for almost three years and I am in better shape and health than I've ever been in my life. By the way, I will turn 63 yrs old in June 2009. Thanks Garey for giving me a new lease on life!
- Lynn C., Ft. Worth, TX

ANTIOXIDANTS

Ginkgo Biloba

Dietary Supplement



60 Capsules

Take 2 Capsules daily

Ginkgo has a positive effect on brain functioning - enhancing memory, mental alertness, and reducing mental fatigue and lack of energy.

Açai Berry Caps

Now in a convenient capsule form



60 Capsules
600 mgs each

Take 2 a day for strong antioxidant benefits.

Açai Berry Supports:
- Healthy energy and stamina
- Healthy Libido
- Digestive function and liver health
- Mental clarity, positive mood
- Anti-Aging and longevity

Green Tea Extract

Powerful Antioxidants



60 Capsules

1-4 tablets daily

Green tea contains polyphenols, particularly the catechin called epigallocatechin gallate (EGCG). Cardiovascular and Antioxidant benefits promote good health.

Resveratrol 250

The Anti-Aging Wonder of the 21st Century!



60 Capsules

2 caps of 250 mgs each per day

The latest antioxidant receiving media attention with good reason. Called the anti-aging wonder drug, resveratrol increases energy, promotes HDL, and fight free radicals that cause aging and cancer.

Call to Order: **(877) 572-3444**

Optimal Health RSQ Products DOSAGE GUIDE



Our Only Care in
the World is Our
CUSTOMERS!

Call to Order:
(877) 572-3444

Customer Service:
(443) 450-4413

Email:
Info@OptimalHealthRSQ.com

Order Online at:

www.OptimalHealthRSQ.com

Address:
6324 1/2 Kenwood Ave.
Baltimore, MD 21237

HEART HEALTH SUPPORT

CoQ10 - Ubiquinol

Bio-Available CoQ10 for heart & muscle energy



60 Caplets

2 Softgels per day

Solve the lack of energy, chronic fatigue, and muscle aches from statins and other medications. Replenish low energy levels with Enhance BioActive Ubiquinol CoQ10.

Red Rice Yeast

Recommended in conjunction with CoQ10



120 Capsules

Adults take 4 caps. daily, 2 in the morning, 2 in the evening, or as directed by your health care provider. Not to be used for pregnant or nursing mothers.

Red Rice Yeast has a long history in Chinese medicine, thousands of years. This herbal dietary supplement is very powerful in reducing LDL cholesterol. Recommended to take Ubiquinol CoQ10 with Red Rice Yeast.

Max Joint Health

There is Hope for Relief!



90 Tablets

Take 1-2 three times a day for strong Joint benefits.

There are countless people have experienced a tremendous reduction in pain. Get your life back and more function. Contains New Zealand Green Lipped Mussel, MSM, Glucosamine, Chondroitin and more - a comprehensive regimen for joint relief.

NattoKinase

Suitable for Vegetarians



90 Veggie Capsules

Take 1-3 capsules day on an empty stomach.

Nattokinase breaks down the glue that holds arterial plaque together in allowing a reversal of the plaque buildup in the arteries. 2,000 FUs.

Antarctic Krill Oil

Lowers Cholesterol, High Powered Antioxidant



60 Softgel Capsules
500 mg each

2 Capsules a day.

Research Studies Confirms Antarctic Pure Neptune Krill Oil provides Nature's blend of Essential Omega-3s & amazing Antioxidants including astaxanthin!

True Omega 3

Support Heart Formula



60 count and 120 count

Take 2 caps. per day for heart health maintenance & 4 caps. a day for high risk factors or recovery. Take before breakfast & before bed.

"Omega-3 fatty acids benefit the heart of healthy people, and those at high risk of, or who have, cardiovascular disease." American Heart Association. Premium Omega-3 softgels enteric coated, guaranteed burp-free. 70% EPA/DHA

True Heart Balance

Support Heart Formula



90 count for 3 a day and 180 count for 6 caps per day

Take 3 capsules per day for maintenance of a healthy heart. 6 capsules per day for high risk factors or recovery.

Helps Support Healthy Cholesterol, Triglyceride, Homocysteine and CRP Levels.

3 in the morning before breakfast and 3 in the evening before dinner.

Hyperlose

Blood Pressure Support



90 capsules

1 capsules 3 times daily

The ingredients in Hyperlose work with your body to normalize your blood pressure.

ORGAN HEALTH

Renavive

Advanced Natural Kidney Flush



60 Veggie Capsules

2 capsules daily.

Renavive contains only the highest quality ingredients. Renavive is one of the most potent kidney stone flush formulas available today!

UriFlow

Kidney Stone Flush



60 Capsules

2 capsules daily.

One of the only products that is specifically designed to support the kidneys, flushing of stones and helps you resume normal function.

Liv-Enhance

Liver Enhancement and Function!



120 Veggie Caps

2 Capsules Twice a Day

The liver detoxes the blood. How can you detox the liver? With Liv-Enhance! The combination of Schisandra, Rosemary and Milk Thistle provide a range of compounds that support optimal liver function.

Dandelion Root

An Appetite Stimulant



100 Capsules

3 - 4 caps daily with food.

Traditionally, dandelion has been used to cure and support health in many parts of the body but many in the disorders of the gastrointestinal system. Use together with Liv-Enhance

Max Prostate Pro

3000 Times More Powerful than Saw Palmetto!



90 Capsules

Take 3 Capsules daily

Promotes prostate health and helps proper urination flow without the use of dangerous drugs.

MOOD

SAME

A Power Methyl-donor



30 Tablets 200 mgs.

Take 1 capsule daily in the morning before food.

SAME makes it easier for the brain to make the right connections enhancing the neural pathways to the regions of the brain enhance mood.

Mood Enhance w/ SAME

w/ SAME, GABA, St. John's Wort & More



60 Capsules

2 capsules daily on empty stomach 30 mins before eating

Most Powerful natural ingredients to bring hormonal balance and health to every cell in your body!

These statements have not been evaluated by the FDA (U.S. Food & Drug Administration) and are not intended to diagnose, cure or prevent any disease. Please consult your physician or a trusted medical advisor before starting or stopping any medications or dietary supplements. This is not a substitute for professional medical advice.