INGREDIENTS

Vitamin C (as ascorbic acid)
Vitamin C may lower the risk for some cancers, including those of the stomach, esophagus, mouth and breast. Long-term use of supplemental vitamin C may protect against cataracts. It helps make collagen, a connective tissue that knits together wounds and supports blood vessel walls. In addition, it helps make the neurotransmitters serotonin and norepinephrine, thus increasing alertness and well-being. Vitamin C acts as an antioxidant, neutralizing unstable molecules that can damage cells and boosts the immune system.1

Vitamin E (as D-Alpha Tocopheryk Succinate)
This vitamin acts as an antioxidant. It aids in neutralizing unstable molecules that can damage cells. Vitamin E Protects vitamin A and certain lipids from damage. It has been found that diets rich in vitamin E may help prevent Alzheimer's disease.5

Ginkgo Biloba Extract (as Standardized to 24% Flavone Glycosides, 6% Terpene Lactones)
Ginkgo biloba leaves are used as traditional Chinese herbal medicine to treat asthma, cardiovascular diseases, aging, bronchitis, cancer, impair sexual dysfunction, cancer and diabetes. Ginkgo leaf is often taken by mouth for memory disorders including Alzheimer’s disease. It is also used for conditions that seem to be due to reduced blood flow in the brain, especially in older people. These conditions include memory loss, headache, ringing in the ears, vertigo, dizziness, difficulty concentrating, mood disturbances, and hearing disorders.6

Adaptogenic Complex

Ganoderma Extract (as Reishi Mushroom Extract)
This extract is from the reishi mushroom family. Mushrooms are well known for their antibacterial, antiviral, hypotensive, hypoglycemic and antioxidant properties. This extract is used for boosting the immune system. It also contributes to fighting against
heart disease, cancer and liver disease, high blood pressure, fatigue, altitude sickness and stomach ulcers.²

**Panax Ginseng Extract**
Panax ginseng has been recognized for decades for their effects on the central nervous system. This supplement has been found to enhance memory and learning.³ Ginseng aids in prevention of heart disease, stroke, and unhealthy cholesterol levels and strengthens the immune system. In addition, ginseng has been found to improve erectile dysfunction, menopausal symptoms, and improve heart health (Mercola).⁵

**Milk Thistle Extract**
Milk thistle (*Silybum marianum*) has been used for 2,000 years as an herbal remedy for a variety of ailments, particularly liver, kidney, and gall bladder problems. Studies show milk thistle improves liver function and increases survival in people with cirrhosis or chronic hepatitis. Milk thistle has also been found to possibly be effective in treating viral hepatitis, cancer and liver disease (university of Maryland).⁸

**OPS Altitude Complex**

**Golden Root Extract**
Also known as rhodiola rosea is a perennial plant containing red, pink, or yellow flowers. Rhodiola is used for increasing energy, stamina, strength and mental capacity; and as a so-called “adaptogen” to help the body adapt to and resist physical, chemical, and environmental stress.³

**Schisandra Berry Extract**
Schisandra berry is made into various medicinal preparations for longevity and overall vitality. Schisandra chinensis enjoys millennia of traditional use for prolong life, slowing the aging process, increasing energy, as a fatigue-fighter, and as a sexual tonic. In addition, schisandra also possesses significant protective antioxidant and anti-inflammatory activity.⁴

**Grape Seed Extract**
Grape seed extract has numerous s benefits. It has anti-oxidant properties and has been shown to aid against high blood pressure, chronic venous insufficiency, edema, cognitive decline and diabetes. In addition, grape seed extract has been proven to improve bone strength and oral health.⁵

**References**


