

OPTIMAL NUTRIENT ABSORPTION MEANS:

- **More protein is absorbed**, allowing for greater nitrogen retention and a more anabolic, growth producing metabolic environment.
- **Helps efficiently manage your blood sugar and insulin** by slowing carbohydrate absorption, giving your body more time to utilize the glucose, creating a more even energy level and lower body fat.
- **Greater amounts of essential nutrients** such as vitamins, minerals and antioxidants can be derived from your foods.

OPTIZORB 3 HELPS PROMOTE WEIGHT LOSS

A 12 year long study published in November's American Journal of Clinical Nutrition found that **women with a high fiber intake** had as much as a **49% lower risk of major weight gain**. The team concluded that "weight gain was inversely associated with a high-fiber intake, indicating its importance as an aid in weight control".

American Journal of Clinical Nutrition, vol. 78, no. 5, pp 920-927.

OPTI-ZORB 3™ is the one supplement that can help you realize bigger gains from everything you eat and every supplement you take.



OPTIZORB 3
Ultimate Nutrient Shuttle

Powder Supplement Facts

Serving Size: 1 rounded tablespoon (7g)
Servings per container: 43

	Amount / Serving	%DV
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Total Carbohydrate	8g	3%
Dietary Fiber	5g	20%
Soluble Fiber	4g	*
Insoluble Fiber	1g	*
Protein	0.25g	1%

* Daily Value Not Established

Ingredients: Proprietary Tri-Fiber blend (Psyllium Seed Husk, Inulin (FOS), Oat Bran, Maltodextrin)

Stacking Options:

For lean muscle growth or weight loss, add one serving of Opti-Zorb 3 to **XP Advanced Myogenic Protein**. For optimal health, also stack with **V/M Plus** and **OmegaZyme** daily.



Capsule Supplement Facts

Serving Size: 5 capsules
Servings per container: 30

	Amount / Serving	%DV
Calories 11	Calories from fat 0g	
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Total Carbohydrate	3.5g	3%
Dietary Fiber	2500mg	10%
Soluble Fiber	2000mg	*
Insoluble Fiber	500mg	*
Protein	0g	0%
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 0%	

* Daily Value Not Established

** These statements have not been evaluated by the FDA. The product is not intended to treat, cure or prevent disease.*

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Ultimate Nutrient Shuttle

Optimize Nutrient Absorption

Maximize Protein Uptake

Help Stabilize Glucose & Insulin

Promote Immune Health





by **John Scott, CISSN, CNS, SPN**
Developer of John Scott's Nitro

"I understand what an athlete needs because I am one."

For those of you who are working on getting bigger, stronger and leaner, you are probably spending a small fortune on food and supplements. **OPTI-ZORB 3™** is the one supplement that can help you realize bigger gains from everything you eat and every supplement you take. It is the supercharger on your digestive engine. Nourishing your muscles is all about absorption! If all the protein, vitamins, pro-hormones, etc. are not getting into your system, your body can't use them. You can't afford to be without this supplement.

It's all about absorption! If all the protein, vitamins, pro-hormones, etc. are not getting into your system, your body can't use them. You can't afford to be without this supplement.

OPTI-ZORB 3's specially formulated tri-fiber blend helps optimize the body's nutrient absorption capacity by enhancing the health and cleanliness of the body's food intake path. This allows higher amounts of the precious nutrients you ingest to be shuttled into the muscles, which can result in you becoming leaner, stronger, more muscular and healthier.

Our intestines are the gateway into our bloodstream, feeding every cell, organ, tissue and muscle in our bodies. **Ideally, we want every bit of food, liquid and supplements we ingest to be completely absorbed and converted into high performance fuel for our bodies.** However, if the body's intake system is not maintained daily, the fuel and supplements you are paying for simply cannot be optimally absorbed.

Consequently, your cells do not get 100% of the critical nourishment they need to recover and grow after the punishment of hard training. Our intestines bring nourishment from the foods and supplements we eat to every organ, tissue, and cell in our bodies. When the efficiency of this feeding tool is diminished, the cells, tissues and muscles will suffer and weaken.

John Scott's carefully formulated, all natural **OPTI-ZORB 3** is the ideal daily way for you to insure you are optimizing your body's nutrient absorption, which protects your health and maximizes the gains you are working so hard to achieve.

SCIENCE OF DIGESTION

The health and efficient function of your digestive tract affects nearly every organ, tissue and cell in your body. This tract is the digestive highway within your body beginning at your mouth and ending just past the colon. This complicated highway is really a marvelously designed food processor. Keeping this food processor clean allows for optimum absorption of muscle

building nutrients and protects you from destructive, disease-causing wastes, bacteria, pathogens and toxins which can accumulate there.

Poor absorption can lead to chronic problems like low energy, excess bodyfat, poor recovery and minimal muscle growth. Furthermore, life-threatening illnesses such as diabetes, cardiovascular disease and certain cancers can all be linked to nutritional deficiencies due to poor absorption. Choosing a healthy daily diet can minimize these potential risks because "bad" foods clutter our bodies with excessive wastes /toxins and accumulate to block the absorption of important muscle building nutrients.

All of this waste keeps accumulating day after day and must be removed. If not, this harmful waste builds up in your colon, over-running your immune system, potentially causing a wide variety of debilitating diseases and cancer. These bacteria, pathogens, parasites, etc. can even re-enter your body once your intestinal defenses are rundown... the nutritional equivalent of drinking dirty toilet water!

Large volumes of scientific evidence support the use of fiber in disease prevention and treatment. Fiber helps reduce the risk of heart disease and colon cancer, helps control blood sugar levels and lowers cholesterol. All of these benefits add up to an improved quality of life and longevity. The American Heart Association, the American Dietetic Association, the National Cancer Institute, the National Research Council, and the United States Department of Health and Human Services have all endorsed high-fiber diets. The American Dietetic Association recommends eating 25-35 grams of fiber daily, yet most Americans get less than 10 grams per day.

The good news is **OPTI-ZORB 3** tri-fiber blend is an ideal way to optimize your food and supplement absorption as well as help prevent major diseases. People have experienced an amazing host of benefits from enhancing their nutrient absorption. They have reported benefits such as improvements in skin condition, fewer colds, increased muscularity, sinus relief, migraine relief, reduced joint pain, increased energy, weight loss, relief from constipation and less gas.

THE FORMULA

OPTI-ZORB 3 is a powerful, special tri-fiber blend of soluble fiber, insoluble fiber and the powerful pre-biotic Inulin (Fructo-oligosaccharides) to provide maximum health and lean muscle growth benefits. It is formulated to be used as a daily supplement with an easily digestible soft, non-gritty, pulpy texture. This precise blend improves and optimizes nutrient absorption of your food and supplements.



Oat Bran is about a 50/50 mix of soluble and insoluble dietary fiber. The insoluble fiber helps clean your intestinal tract by scraping off the accumulated mucus and crud off of the inside of your colon. In addition, medical researchers believe that the water-soluble fibers present in oat bran called Beta glucans, help lower cholesterol and boost your immune system. Glucans have been shown in over 18 animal studies to have general immunostimulatory properties. Among its effects are macrophage activation, tumor inhibition and decreased infection rates. Glucans are hypothesized to stimulate immune system activity by activating white blood cells to attack infections and tumors. A number of in vitro (test tube) studies have confirmed that beta glucan stimulates production of monocyte cytokines, which may help promote regression of certain tumors.

Psyllium Seed Husks are pure dietary fiber, with more than eight times the bulking power of oat bran. Psyllium acts as a sponge in the intestinal tract, swelling as this fiber absorbs water, toxins and waste material in the bowels. This forms a soft, bulky mass that passes through the colon more quickly (keeping potentially toxic waste from staying in the colon) and evacuates more smoothly and easily. Furthermore, Psyllium helps lower cholesterol by absorbing bile acids forcing your liver to use up more fats from your bloodstream. Psyllium also helps stabilize blood sugar levels by slowing carbohydrate absorption. This is important because it gives your body more time to utilize the foods you have eaten and to extract vital nutrients from them. This time-release effect reduces the amount of insulin your body needs, thereby reducing fat storage and stabilizing energy levels.

Inulin is a nearly undigestible carbohydrate found in large quantities in chicory root. Inulin boosts the formula's effectiveness because it is a prebiotic that nourishes the vital microflora in your colon. Your body breaks down Inulin enzymatically into fructo-oligosaccharides, a food that your "good" bacteria feed on. Research has shown that a daily intake of just five grams of inulin fructo-oligosaccharides leads to a significant increase in the beneficial bacteria (Bifidobacteria and Lactobacilli) in your colon. The addition of inulin makes this formula unique because most formulas are usually composed only of bulking fiber.

