

P H Y S I C I A N F O R M U L A T E D



Seeking Health® Optimal Iodine

6.25 mg

Dietary Supplement

90 VEGETARIAN CAPSULES

SUGGESTED USE: 1 capsule daily with food or as directed by your health care professional.

Optimal Iodine provides three beneficial forms of iodine, an essential trace element. Each capsule supplies 6.25 mg total iodine (equivalent to 6,250 mcg).

Do not use if shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. Keep out of reach of children.

This product was made in a GMP and ISO 9001:2008 registered facility.

Find Other Effective Health Products At:
www.SeekingHealth.com

Manufactured for and Distributed by:

Seeking Health
3140 Mercer Ave.
Bellingham, WA 98225
(800) 547-9812



Supplement Facts

Serving Size 1 Capsule
Servings Per Container 90

Amount Per Capsule	% Daily Value	
Iodine (2.5 mg as molecular iodine, 2.5 mg as sodium iodide, and 1.25 mg as potassium iodide)	6.25 mg	4167%

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), cellulose, coconut oil powder, and silicon dioxide.

DOES NOT CONTAIN: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, yeast, and soybeans. Contains no artificial colors, flavors, or preservatives.