

SUGGESTED USE: Take 1 capsule in the morning before breakfast or as directed by your healthcare professional.

Children and pregnant or lactating women should consult their healthcare practitioner prior to use. Do not use if tamper seal is damaged.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

STORAGE: Keep closed in a cool, dry place out of reach by children.

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



Seeking Health® Optimal Iron Plus Cofactors

Dietary Supplement

90 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 90

	Amount Per Serving	%DV
Vitamin A (50% as natural beta-carotene and 50% retinyl palmitate)	1000 IU	20%
Vitamin C (ascorbic acid)	113 mg	188%
Riboflavin (as riboflavin 5'-phosphate sodium)	5 mg	294%
Biotin	500 mcg	167%
Iron (as Ferrochel® Ferrous Bisglycinate Chelate)	29 mg	161%
Copper (as TRAACS® Copper Bisglycinate Chelate)	0.5 mg	25%
Betaine HCl	75 mg	*
Lipase (from <i>Aspergillus niger</i> or <i>Candida rugosa</i>)(10 LU/mg)	5 mg	*

* % DV (Daily Value) Not Established.

Other Ingredients: HPMC (capsule), ascorbyl palmitate, L-Leucine, and silica.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, or GMO.

Optimal Iron Plus Cofactors Meets or Exceeds cGMP Quality Standards.

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