

SUGGESTED USE: Adults and children age 4 and over: Chew 2 tablets daily with food or use as directed by your healthcare professional. Do not take within 5 hours of bedtime as it may interfere with sleep. Consult with a healthcare professional to determine dose and suitability for children under 4 years of age.

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.

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

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PHYSICIAN FORMULATED



Seeking Health®

Optimal Multivitamin

Chewable

Dietary Supplement

60 CHEWABLE TABLETS

Supplement Facts

Serving Size: 2 Chewable Tablets

Servings Per Container: 30

Amount Per Serving		%DV	Amount Per Serving		%DV
Calories	10		Iron (as TRAACS® Iron Glycinate)	5 mg	28%
Total Carbohydrate	3g	1% [†]	Iodine (from potassium iodide and organic Icelandic kelp (<i>Laminaria digitata</i>)(stem and leaf))	150 mcg	100%
Vitamin A (1500 mcg (67%) as beta-carotene and 750 mcg (33%) as retinyl palmitate)	2250 mcg	250%	Magnesium (as magnesium citrate)	100 mg	24%
Vitamin C (ascorbic acid)	350 mg	389%	Zinc (as TRAACS® Zinc Bisglycinate Chelate)	5 mg	45%
Vitamin D3 (cholecalciferol)	25 mcg (1000 IU)	125%	Selenium (as SelenoExcell® High Selenium Yeast)	70 mcg	127%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	67 mg	447%	Copper (as copper gluconate)	0.5 mg	56%
Vitamin K2 (as menaquinone-7)	80 mcg	67%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)	2 mg	87%
Thiamin (as thiamine mononitrate)	4 mg	333%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	120 mcg	343%
Riboflavin (75% as riboflavin and 25% as riboflavin 5'-phosphate sodium)	4 mg	308%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	75 mcg	167%
Niacin (as niacinamide)	25 mg	156%	Mixed Tocopherols	9 mg	*
Vitamin B6 (80% as pyridoxine HCl and 20% as pyridoxal 5'-phosphate)	5 mg	294%	Lutein (from marigold extract) (<i>Tagetes erecta</i>)(flowers)	5 mg	*
Folate (50% as Quatrefolic® (5S)-5-methyltetrahydrofolate, glucosamine salt and 50% as calcium folinate)	400 mcg DFE	100%	Zeaxanthin (from marigold extract) (<i>Tagetes erecta</i>)(flowers)	2.5 mg	*
Vitamin B12 (as methylcobalamin and adenosylcobalamin)	20 mcg	833%	Boron (as Albion® Bororganic™ Glycine)	1 mg	*
Biotin	500 mcg	1,667%	Vanadium (as TRAACS® Vanadium Nicotinate Glycinate Chelate)	75 mcg	*
Pantothenic Acid (as d-calcium pantothenate)	25 mg	500%	† Percent Daily Values are based on a 2,000 calorie diet.		
Choline (as choline bitartrate)	5 mg	1%	* % DV (Daily Value) Not Established.		
Calcium (as calcium citrate malate)	100 mg	8%			

Other Ingredients: Xylitol, microcrystalline cellulose, stearic acid, natural flavors, malic acid, silica, monk fruit extract, magnesium stearate, and licorice root powder.

Optimal Multivitamin Meets or Exceeds cGMP Quality Standards.

REV. 090716 ZCL-SKGHEALTH-OMC-02

This package is completely recyclable ♻️