

SUGGESTED USE: As a dietary supplement, adults take 8 vegetarian capsules daily or as directed by your healthcare professional. This product is best taken with meals. Do not take within 5 hours of bedtime as it may interfere with sleep.

Children and pregnant or lactating women should consult with their healthcare practitioner prior to use.

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

† Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

†† Including Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin and additional Lutein and Lycopene

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.
** Metafolin® is 6S-5-methyltetrahydrofolate, calcium salt.

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PHYSICIAN FORMULATED



Seeking Health® Optimal Multivitamin

Complete Multivitamin/Multimineral with

- Fruit, Vegetables & Greens
- L-5-MTHF
- Bioflavonoids
- Amino Acids
- Enzymes

Dietary Supplement

240 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 8 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (33% (2,500 IU) as Vitamin A Palmitate/ 67% (5,000 IU) as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids†† 7,500 IU	150%	Boron (as Boron Aspartate/Citrate complex) 0.75 mg	*
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex) 700 mg	1,167%	Vanadium (as Vanadium Krebs†) 25 mcg	*
Vitamin D-3 500 IU	125%	Amino Acids and Enzymes	
Vitamin E (natural, as d-alpha-tocopheryl plus mixed tocopherols) 200 IU	887%	L-Cysteine/N-Acetyl L-Cysteine 75 mg	*
Thiamine 50 mg	3,333%	Betaine (from 75 mg Betaine HCl) 37 mg	*
Riboflavin 25 mg	1,147%	Bromelain (2,400 GDU/g) 25 mg	*
Niacin/Nicotinamide 95 mg	475%	Glutamic Acid (from 13 mg Glutamic Acid HCl) 10 mg	*
Vitamin B-6 (as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex) 50 mg	2,500%	L-Methionine 6.3 mg	*
Folate (as L-methylfolate, Metafolin®)** 400 mcg	100%	Bioflavonoids and Proanthocyanidins	
Vitamin B-12 (methylcobalamin) 125 mcg	2,083%	Rose Hips 50 mg	*
Biotin 150 mcg	90%	Lemon Bioflavonoids 50 mg	*
Pantothenic Acid (as d-Calcium Pantothenate) 250 mg	2,500%	Red Wine Proanthocyanidins/Pine Bark Extract 25 mg	*
Calcium 250 mg	25%	Hesperidin 18 mg	*
(as Calcium Citrate/Ascorbate/Carbonate Complex)		Rutin 12.5 mg	*
Iodine (from Kelp) 100 mcg	67%	Vegetables Fruits and Herbs	
Magnesium (as Magnesium Aspartate/ Ascorbate/Oxide Complex) 250 mg	63%	Proprietary Organic Fruit and Vegetable Blend 350 mg	*
Zinc (as Zinc Amino Acid Chelate) 12.5 mg	63%	Organic beet powder (root), Organic carrot powder (root), Organic black currant powder (fruit), Organic blueberry powder (fruit), Organic broccoli powder (whole plant), Organic Concord grape powder (fruit), Organic green cabbage powder (whole plant), Organic collard greens powder (leaf), Organic mountain cranberry powder (fruit), Organic kale powder (whole plant), Organic Parsley powder (whole plant), Organic pomegranate powder (fruit), Organic raspberry powder (fruit), Organic spinach powder (whole plant).	
Selenium (as Selenium Krebs/Kelp complex) 100 mcg	143%	(Garlic Extract) 50 mg	*
Copper (as Copper Amino Acid Chelate) 1 mg	50%	Cauliflower (entire plant) 50 mg	*
Manganese 5 mg	250%	Spirulina 50 mg	*
(as Manganese Aspartate/Sulfate Complex)		Chlorella (broken cell wall) 50 mg	*
Chromium (Organically bound with GTF activity—low allergenicity) 100 mcg	63%	Green Papaya Extract (fruit) 50 mg	*
Molybdenum (as Molybdenum Krebs†) 50 mcg	67%	Blackberry (fruit) 50 mg	*
Potassium 50 mg	1%	Bilberry powder (leaf) 50 mg	*
(as Potassium Aspartate/Potassium Chloride Complex)		Black radish powder (root) 35 mg	*
Other Minerals, Nutrients and Trace Elements		Apricot powder (fruit) 25 mg	*
Lutein (natural) 3 mg	*	Green Tea Extract (leaf) 25 mg	*
Lycopene (natural) 3 mg	*	Apple Pectin (fruit) 25 mg	*
Zeaxanthin 0.5 mg	*		
Inositol 50 mg	*		
Trace Elements (from Sea Vegetation) approx. 50 mcg	*		
Choline (from 75 mg Choline Citrate/Bitartrate) 50 mg	*		
PABA (para-aminobenzoic acid) 25 mg	*		

*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose and silica.

DOES NOT CONTAIN: Peanuts, tree nuts, eggs, wheat, yeast, gluten, soy, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives, flavoring or genetically modified ingredients (GMOs).

Optimal Multivitamin Meets or Exceeds cGMP Standards.