

SUGGESTED USE: Take 1 capsule daily with breakfast or lunch, or use as directed by your healthcare professional. Capsules may be opened and nutrients taken separately or sprinkled into food or drink. Do not take within 5 hours of bedtime as it may interfere with sleep.

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

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

Optimal Multivitamin Minus One Meets or Exceeds cGMP Quality Standards.

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PHYSICIAN FORMULATED



Seeking Health®

Optimal Multivitamin Minus One



Dietary Supplement

45 VEGETARIAN CAPSULES



Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 45

Amount Per Serving			%DV	Amount Per Serving			%DV
Vitamin A (750 mcg (67%) as natural beta-carotene and 375 mcg (33%) as retinyl palmitate)			125%	Zinc (as TRAACS® Zinc Bisglycinate Chelate)			10 mg 91%
Vitamin D3 (cholecalciferol)			25 mcg (1000 IU) 125%	Selenium (as SelenoExcell® High Selenium Yeast)			75 mcg 136%
Vitamin E (as d-alpha tocopheryl succinate)			50.25 mg 335%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)			1 mg 43%
Vitamin K2 (as menaquinone-7)			100 mcg 83%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)			200 mcg 571%
Thiamin (as thiamine hydrochloride)			25 mg 2,083%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)			75 mcg 167%
Riboflavin (as riboflavin 5'-phosphate sodium)			5 mg 385%	Superoxide Dismutase (from Extramel® M Melon Extract (<i>Cucumis melo</i>)(pulp))			7,143 mg (100 IU) *
Niacin			20 mg 125%	Mixed Tocopherols			5 mg *
Vitamin B6 (as pyridoxal 5'-phosphate)			20 mg 1,176%	Lutein (from marigold extract (<i>Tagetes erecta</i>)(flowers))			3 mg *
Folate (as calcium folinate)			400 mcg DFE 100%	Boron (as Albion® Bororganic™ Glycine)			1 mg *
Vitamin B12 (50% as hydroxycobalamin and 50% as adenosylcobalamin)			25 mcg 1,042%	BioPQQ® Pyrroloquinoline Quinone Disodium Salt			1 mg *
Biotin			500 mcg 1,667%				
Pantothenic Acid (as d-calcium pantothenate)			50 mg 1,000%				
Iodine (from organic Icelandic kelp (<i>Laminaria digitata</i>)(stem and leaf))			100 mcg 67%				

Other Ingredients: HPMC (capsule), ascorbyl palmitate, medium-chain triglyceride oil, and silica.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, artificial colors, or artificial flavors.



This package is completely recyclable. REV. 09/26/16 201-581GHEALTH-065-01