

SUGGESTED USE: Take 8 capsules daily with food, in divided doses, or as directed by your healthcare professional.

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

CAL PROP 65 WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

For more information regarding California Proposition 65 see: www.seekinghealth.com/media/Prop65.pdf

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

Optimal Multivitamin Plus includes a well-rounded blend of essential nutrients, along with superfoods, antioxidants, and specialized blends to optimize vision, liver, and cognitive function.[†]

[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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PHYSICIAN FORMULATED



Seeking Health® Optimal Multivitamin Plus

Dietary Supplement

240 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 8 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (750 mcg RAE (90%)) as beta-carotene and 750 mcg RAE (90%) as retinyl palmitate)	1500 mcg RAE	167%	Proprietary Amino Acid Blend:	
Vitamin C (ascorbic acid)	250 mg	276%	N-Acetyl-L-Cysteine, Betaine-HCl	250 mg *
Vitamin D3 (cholecalciferol)	5 mcg (200 IU)	25%	Proprietary Fruit and Vegetable Blend:	
Vitamin E (as d-alpha-tocopheryl succinate)	134 mg	830%	Garlic Extract (Allium sativum) (aged bulb), Spirulina Chinese Plant (Arthrospira platensis and Arthrospira maxima) (whole plants), Chlorella (Chlorella vulgaris) (whole plant), Citrus Fiber	250 mg *
Vitamin K2 (as menaquinone-7)	30 mcg	42%	Proprietary Antioxidant Blend:	
Thiamine (as thiamine hydrochloride)	10 mg	833%	Shiitake Extract (Lentinula edodes) (mushroom extract) (50% lactic acid), Coenzyme Q10 (as ubiquinone), Pterin Bark Extract (Pteris aquilina) (bark) (80% pterinobiosides), Melon Extract (Cucumis melo) (100 IU 500)	207.14 mg *
Riboflavin (as riboflavin 5'-phosphate sodium)	20 mg	1,330%	Proprietary Liver Support Blend:	
Niacin	50 mg	333%	Milk Thistle Extract (Silybum marianum) (seed) (80% silymarin), Turmeric Extract (Curcuma longa) (root) (95% curcuminoids), Guggulipharin (from Boswellia extract) (Boswellia serrata) (seed) (true extract), Black Pepper Extract (Piper nigrum) (fruit) (BoPherin®)	203.34 mg *
Vitamin B6 (as pyridoxal 5'-phosphate)	25 mg	1,471%	Proprietary Vision Support Blend:	
Folate	400 mcg DFE	100%	Milk Thistle Extract (Silybum marianum) (seed) (80% silymarin) (25% anthocyanosides), Lutein (from marigold extract) (Agrostis extract) (flowers), Lycopodium, Zeaxanthin (from marigold extract) (Agrostis extract) (flowers)	112 mg *
(50% as Quinohexol® 1651-5-methyltetrahydrofolate, glucosamine salt and 50% as calcium folinate)			Proprietary Blend of Minerals, Nutrients, and Trace Elements:	
Vitamin B12	100 mcg	6,250%	Inositol (myo-inositol), PABA (para-Aminobenzoic Acid), Boron (as Aiboron® Boronogenic Glycine), Vanadium (as TBAAC2® Vanadium Nicotinate Glycinate Chelate)	100.35 mg *
(80% as methylcobalamin and 20% as adenosylcobalamin)			Biotin	10 mg *
Biotin	500 mcg	1,667%	Mixed Tocopherols	2.88 mg *
Pantothenic Acid (as d-calcium pantothenate)	200 mg	4,000%	Horsetail (Equisetum arvense) (aerial parts)	100 mcg *
Choline (as choline bitartrate)	25 mg	5%		
Calcium (as DimaCal® Dicalcium Malate)	100 mg	8%		
Inositol (from organic botanicals) (L-Leucanin diglycoside) (stem and leaf)	250 mg	167%		
Magnesium (as Aiboron® D-Magnesium Malate)	200 mg	48%		
Zinc (as TBAAC2® Zinc Bisphosphonate Chelate)	20 mg	132%		
Selenium (as SelenoCoQ10® high Selenium Yeast)	200 mcg	384%		
Copper (as TBAAC2® Copper Bisphosphonate Chelate)	1 mg	111%		
Manganese	4 mg	174%		
(as TBAAC2® Manganese Bisphosphonate Chelate)				
Chromium	200 mcg	511%		
(as TBAAC2® Chromium Nicotinate Glycinate Chelate)				
Molybdenum	150 mcg	333%		
(as TBAAC2® Molybdenum Glycinate Chelate)				
Potassium (as Aiboron® Potassium Glycinate Complex)	50 mg	2%		
Proprietary Cognitive Blend:				
Adaptogen Extract (Withania americana) (root) (5% withanolides), Ginkgo Koda Extract (Ginkgo biloba) (leaves) (10%), Siberian Ginseng Extract (Eleutherococcus senticosus) (root) (0.5% eleutherosides), Acaiopacitacocin Extract (leaf) (20% baccanins), Ginkgo Extract (Ginkgo biloba) (leaves) (24%), Borage glycosides and 6% Borage lactones)	500 mg *			

Other Ingredients: HPMC (capsule), microcrystalline cellulose, anhydrous palmoleic oil, and medium-chain triglyceride oil.

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

Optimal Multivitamin Plus Meets or Exceeds cGMP Quality Standards.

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Malates covered by U.S. Patent 6,706,904 and patents pending.

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5,144,141; 5,972,382; and 6,054,505.

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