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SUGGESTED USE: Blend, shake, or briskly mix one scoop of Optimal Multivitamin Powder daily in filtered water or beverage of choice, or as directed by your healthcare professional. Alternatively, you may divide the dose, ½ scoop twice daily, in the morning and afternoon. Adding organic fruit, berries, leafy greens, healthy oils and chia seeds provides additional nutrition and taste. Do not take within five hours of bedtime.

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.

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

Optimal Multivitamin Powder Meets or Exceeds cGMP Quality Standards.

Quatrelolic® is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.

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PHYSICIAN FORMULATED



SeekingHealth®

Optimal Multivitamin Powder

Cherry

Dietary Supplement

NET WT 5.08 OZ (144 G)

Supplement Facts

Serving Size: 1 Scoop (About 4.8 g)

Servings Per Container: About 30

Amount Per Serving		%DV	Amount Per Serving		%DV	Amount Per Serving		%DV
Calories	15		Folate (50% as Quatrelolic® (5R)-5-methyltetrahydrofolate, glucosamine salt and 50% as calcium folinate)	400 mcg DFE	100%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	120 mcg	340%
Total Carbohydrate	2 g	1%	Vitamin B12 (50% as adenosylcobalamin and 50% as methylcobalamin)	50 mcg	2,000%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg	222%
Vitamin A (80% as beta-carotene and 20% retinyl palmitate)	2,250 mcg	250%	Biotin	500 mcg	1,000%	Potassium (as Albion® Potassium Glycinate Complex)	99 mg	2%
Vitamin C (ascorbic acid)	350 mg	350%	Pantothenic Acid (as d-calcium pantothenate)	100 mg	2,000%	Mixed Tocopherols	150 mg	*
Vitamin B5 (calcioalcitriol)	25 mcg (1,000 IU)	125%	Choline (as choline bitartrate)	100 mg	18%	Inositol (myo-inositol)	100 mg	*
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	100 mcg	667%	Calcium (as DimaCal® Dicalcium Malate)	75 mg	6%	Lutein (from marigold extract) (Tagetes erecta)(flowers)	5 mg	*
Vitamin K2 (as menaquinone-7)	100 mcg	80%	Iron (as Ferrochel® Ferrous Bisglycinate Chelate)	5 mg	28%	Zeaxanthin (from marigold extract) (Tagetes erecta)(flowers)	5 mg	*
Thiamin (as thiamine HCl)	5 mg	417%	Iodine (from potassium iodide and organic Icelandic kelp (Laminaria alginata)(stem and leaf))	200 mcg	133%	Boron (as Albion® Bioorganic™ Glycine)	2 mg	*
Riboflavin (50% as riboflavin-5'-phosphate sodium and 50% as riboflavin)	20 mg	1,538%	Magnesium (as Albion® D-Magnesium Malate)	150 mg	36%	Vanadium (as TRAACS® Vanadium Nicotinate Glycinate Chelate)	50 mcg	*
Niacin (as niacinamide)	25 mg	156%	Zinc (as TRAACS® Zinc Bisglycinate Chelate)	10 mg	91%	* Percent Daily Values are based on a 2,000 calorie diet. ** % DV (Daily Value) Not Established.		
Vitamin B6 (50% as pyridoxal 5'-phosphate and 50% as pyridoxine HCl)	10 mg	588%	Selenium (as SelenoExcel® High Selenium Yeast)	70 mcg	127%			
			Manganese (as TRAACS® Manganese Bisglycinate Chelate)	2 mg	87%			

Other Ingredients: Malic acid, natural flavors, stevia leaf extract, red beet juice powder, and silica.

RDV: 680616

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This package is completely recyclable ♻️