

PHYSICIAN FORMULATED



Seeking Health®

# Optimal Multivitamin w/iron

Multiple Vitamin/Mineral/  
Trace Element Supplement

120 VEGETARIAN CAPSULES

## Supplement Facts

Serving Size 4 Capsules • Servings Per Container 30

Amount Per 4 Capsules	% Daily Value	Amount Per 4 Capsules	% Daily Value
Vitamin A (50% (3,500 IU) as vitamin A palmitate and 50% (3,500 IU) as natural carotenes (alpha, beta, beta-cryptoxanthin, zeaxanthin, and lutein) from <i>D. salina</i> )	7,000 IU 140%	Calcium (as calcium citrate)	100 mg 10%
Vitamin C (as L-ascorbic acid USP)	180 mg 300%	Iron (as ferrous bisglycinate chelate**)	45 mg 250%
Vitamin D <sub>3</sub> (as cholecalciferol)	1,000 IU 250%	Iodine (from potassium iodide and kelp)	150 mcg 100%
Vitamin E (as d-alpha tocopheryl succinate plus natural mixed tocopherols d-alpha, d-beta, d-delta, d-gamma) from soy	90 IU 300%	Magnesium (as TRAACS® magnesium bisglycinate chelate, magnesium oxide**)	100 mg 25%
Vitamin K <sub>1</sub> (as phytonadione)	80 mcg 100%	Zinc (as zinc bisglycinate chelate**)	15 mg 100%
Benfotiamine	3 mg 200%	Selenium (as selenium amino acid complex)	70 mcg 100%
Thiamine (as thiamine HCl)	9 mg 600%	Copper (as copper gluconate)	2 mg 100%
Riboflavin (69% as riboflavin and 31% as riboflavin 5'-phosphate)	5.1 mg 300%	Manganese (as manganese bisglycinate chelate**)	2 mg 100%
Niacin (75% as niacinamide USP and 25% as niacin USP)	40 mg 200%	Chromium (as chromium nicotinate glycinate chelate**)	120 mcg 100%
Vitamin B <sub>6</sub> (67% as pyridoxine hydrochloride and 33% as pyridoxal 5'-phosphate)	6 mg 300%	Molybdenum (as molybdenum glycinate chelate**)	75 mcg 100%
Folate (as Metafolin®** L-5-methyltetrahydrofolate)	800 mcg 200%	Boron (as boron aspartate-citrate)	2 mg *
Vitamin B <sub>12</sub> (as methylcobalamin)	250 mcg 4167%	Vanadium (as bisglycinate oxovanadium)	50 mcg *
Biotin USP	600 mcg 200%	Choline (as choline bitartrate)	10 mg *
Pantothenic Acid (as d-calcium pantothenate USP)	20 mg 200%	Inositol	25 mg *

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), cellulose, L-leucine, and silicon dioxide.

\*\*Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

\*\*\*Albion® Laboratories

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**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. KEEP OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

**SUGGESTED USE:** 4 capsules daily with food or as directed by your health care professional. Do not use if shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light.

This product was made in a GMP and ISO 9001:2008 registered facility.