

SUGGESTED USE: Take 8 capsules daily, with a meal, in divided doses, or as directed by your healthcare professional. Do not take within 5 hours of bedtime.

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

CAUTIONS: Consult your healthcare professional before use. Keep out of reach of children. Avoid if allergic to any ingredient. Do not exceed 1500 mcg intake per day of preformed vitamin A (retinol or retinyl forms). Evaluate total vitamin K intake from food and supplements if you are taking blood-thinning medications.

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 tightly closed in a cool, dry place out of reach of children.

Optimal Prenatal is a comprehensive prenatal formula designed to meet the high nutritional needs of women who are pregnant or preparing for pregnancy – or anyone looking for a well-rounded multivitamin. This formula contains both folic acid and L-5-MTHF, the most biologically available forms of folate, which are essential during pregnancy to support healthy brain development. L-5-MTHF works in conjunction with amino acids, chelated minerals, and coenzyme forms of B vitamins to support cardiovascular, neurologic, and immune health and normal cell growth. This formula is iron-free to allow for maximal versatility.[†]

[†]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.

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

DimaCal®, Albion®, and TRAACS® are registered trademarks of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904.

SelcoExcell® is a registered trademark of Cypress Systems, Inc.

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PHYSICIAN FORMULATED

Seeking Health®

Optimal Prenatal

Dietary Supplement

240 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 8 Capsules

Servings Per Container: 30

	Amount Per Serving	%DV for Pregnant or Lactating Women	Amount Per Serving	%DV for Pregnant or Lactating Women
Vitamin A (1500 mcg (67%) as beta-carotene and 750 mcg (33%) as retinyl palmitate)	2250 mcg	173%	Zinc (as TRAACS® Zinc Bisglycinate Chelate)	20 mg 154%
Vitamin C (ascorbic acid)	350 mg	292%	Selenium (as SelcoExcell® High Selenium Yeast)	200 mcg 288%
Vitamin D3 (cholecalciferol)	50 mcg (2000 IU)	333%	Copper (as TRAACS® Copper Bisglycinate Chelate)	0.75 mg 58%
Vitamin E (as d-alpha tocopheryl succinate)	130.65 mg	688%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)	5 mg 192%
Vitamin K2 (as menaquinone-7)	100 mcg	111%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	120 mcg 267%
Thiamin (as thiamine hydrochloride)	5 mg	357%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg 200%
Riboflavin (50% as riboflavin 5'-phosphate sodium and 50% as riboflavin)	20 mg	1,250%	Potassium (as Albion® Potassium Glycinate Complex)	99 mg 2%
Niacin (as niacinamide)	25 mg	139%	Red Raspberry (Rubus idaeus)(leaf)	250 mg *
Vitamin B6 (50% as pyridoxine HCl and 50% as pyridoxal 5'-phosphate)	20 mg	1,000%	Inositol	150 mg *
Folate (50% as Quatrefolic® (5S)-5-methyltetrahydrofolate, glucosamine salt and 50% as calcium folinate)	800 mcg DFE	133%	Betaine HCl	150 mg *
Vitamin B12 (80% as methylcobalamin and 20% as adenosylcobalamin)	150 mcg	5,357%	L-Carnesine	150 mg *
Biotin	500 mcg	1,429%	Ginger Extract 10:1 (Zingiber officinale)(root)	100 mg *
Pantothenic Acid (as d-calcium pantothenate)	150 mg	2,143%	Coenzyme Q10 (ubidecarenone)	75 mg *
Choline (as choline bitartrate)	250 mg	45%	Milk Thistle Extract (Silybum marianum)(seeds)(80% silymarin)	75 mg *
Calcium (as DimaCal® Dicalcium Malate)	400 mg	31%	Taurine	50 mg *
Iodine (as potassium iodide)	250 mcg	86%	Mixed Tocopherols	45-45 mg *
Magnesium (as Albion® DMagnesium Malate)	250 mg	63%	Lutein (from marigold extract)(Tagetes erecta)(flowers)	5 mg *
			Zeaxanthin (from marigold extract)(Tagetes erecta)(flowers)	5 mg *

* % DV (Daily Value) Not Established.

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

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

Optimal Prenatal Meets or Exceeds cGMP Quality Standards.

REV. 121416

ZCL-SKGHEALTH-PRECAP-04

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