

SUGGESTED USE: Blend, shake, or briefly mix one scoop of Optimal Prenatal Chocolate daily in filtered water or beverage of choice, or as directed by your healthcare professional. Alternatively, you may divide the dose, half 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 two hours of bedtime.

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 performed vitamin A (retinol or retinyl forms). Evaluate total vitamin K intake from food and supplements if you are taking blood-thinning medications. Do not ingest excessive amounts of protein while pregnant or breastfeeding. Consult with your healthcare professional to determine a suitable daily protein intake for your individual needs.

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 Chocolate 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 combined with a high-quality vegetarian protein powder. This formula contains L-5-MTHF, the most biologically available form of folate, which is 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.*

*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.

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

Optimal Prenatal Chocolate Meets or Exceeds cGMP Quality Standards.

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

DimaCal®, Albiol®, and TRAACS® are registered trademarks of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,738,934.

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

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PHYSICIAN FORMULATED



NET WT 22.86 OZ (648 G)

Supplement Facts

Serving Size: 1 Scoop (About 43.2 g)

Servings Per Container: About 15

	Amount Per Serving	%DV for Pregnant or Lactating Women		Amount Per Serving	%DV for Pregnant or Lactating Women		Amount Per Serving	%DV for Pregnant or Lactating Women
Calories	140		Vitamin B12	100 mcg	5,357%	Potassium	90 mg	2%
Total Fat	3 g	4%	(91% as methylcobalamin and 33% as adenosylcobalamin)			(as Albiol® Potassium Glycinate Complex)		
Saturated Fat	1 g	5%	Biotin	500 mcg	1,429%	Taurine	500 mg	*
Total Carbohydrate	15 g	5%	Pantothenic Acid	150 mg	2,143%	Acetyl-L-Carnitine	500 mg	*
Dietary Fiber	4 g	14%	(as D-calcium pantothenate)			(as acetyl-L-carnitine HCl)		
Total Sugars	4 g	-	Choline	250 mg	45%	Serine HCl	300 mg	*
Includes 4 g Added Sugars		8%	Calcium	475 mg	37%	Red Raspberry	250 mg	*
Protein	15 g		(as DimaCal® Dicalcium Malate and ingredients with naturally occurring calcium)			(Rubus idaeus)(leaves)		
Vitamin A (1500 mcg (57%) as beta-carotene and 750 mcg (33%) as retinyl palmitate)	2250 mcg	170%	Iron	4 mg	15%	Ginger 10:1 Extract	200 mg	*
Vitamin C (ascorbic acid)	550 mg	282%	Iodine	250 mcg	58%	(Zingiber officinale)(root)		
Vitamin D3 (cholecalciferol)	50 mcg (2000 IU)	333%	(as potassium iodide and from organic Icelandic kelp (Laminaria digitata)(stem and leaf))			Inositol	150 mg	*
Vitamin E	100 mg	664%	Magnesium	250 mg	62%	L-Carnosine	150 mg	*
Vitamin K2 (as menaquinone-7)	100 mcg	111%	(as Albiol® DMagnesium Malate)			Coenzyme Q10 (as ubiquinone)	75 mg	*
Thiamine (as thiamine hydrochloride)	5 mg	357%	Zinc	20 mg	154%	Milk Thistle Extract	75 mg	*
Riboflavin	20 mg	1,250%	(as TRAACS® Zinc Bisglycinate Chelate)			(Silybum marianum)(seeds)(50% silymarin)		
(50% as riboflavin and 50% as riboflavin 5'-phosphate sodium)			Selenium	200 mcg	288%	Mixed Tocopherols	45.3 mg	*
Niacin (as niacinamide)	25 mg	130%	(as SelenoExcel® High Selenium Yeast)			Lactin	5 mg	*
Vitamin B6	20 mg	1,000%	Manganese	5 mg	102%	(from marigold extract)(Tagetes erecta)(flowers)		
(50% as pyridoxal 5'-phosphate and 50% as pyridoxine HCl)			(as TRAACS® Manganese Bisglycinate Chelate)			Zeaxanthin	5 mg	*
Folate	800 mcg DFE	133%	Chromium	120 mcg	267%	(from marigold extract)(Tagetes erecta)(flowers)		
(50% as Guarafolin® (6S)-5-methyltetrahydrofolate, glucosamine salt and 50% as calcium folinate)			(as TRAACS® Chromium Nicotinate Glycinate Chelate)					
			Molybdenum	100 mcg	200%			
			(as TRAACS® Molybdenum Glycinate Chelate)					
			Sodium (naturally occurring)	310 mg	13%			

Other Ingredients: Pea protein isolate, cocoa powder, organic dried cane syrup, natural flavors, glycol, sunflower oil, medium-chain triglyceride oil, cellulose gum, xanthan gum, rice protein concentrate, stevia leaf extract, and L-glutamine.