

SUGGESTED USE: Blend, shake, or briskly mix one scoop of Optimal Prenatal Vanilla 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 five 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 preformed 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 Vanilla 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 Vanilla Meets or Exceeds cGMP Quality Standards.

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

DinaCal®, Abisor®, and TRAACOS® are registered trademarks of Abisor Laboratories, Inc.

Malates covered by U.S. Patent 6,706,904.

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

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3140 Mercer Ave

Bellingham, WA 98225

(800) 547-0812



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PHYSICIAN FORMULATED



NET WT 19.26 OZ (546 G)

Supplement Facts

Serving Size: 1 Scoop (About 38.4 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	130		Vitamin B12	100 mcg	5,357%	Potassium	90 mg	2%
Total Fat	2.5 g	5%	(81% as methylcobalamin and 33% as adenosylcobalamin)			(as Abisor® Potassium Glycinate Complex)		
Saturated Fat	1 g	5%	Biotin	500 mcg	1,429%	Taurine	500 mg	*
Total Carbohydrate	11 g	4%	Pantothenic Acid	150 mg	2,143%	Acetyl-L-Carnitine	500 mg	*
Dietary Fiber	1 g	4%	(as D-calcium pantothenate)			(as acetyl-L-carnitine HCl)		
Total Sugars	4 g	-	Choline (as choline bitartrate)	250 mg	45%	Betaine HCl	300 mg	*
Includes 4 g Added Sugars		8%	Calcium (as DinaCal® Dicalcium Malate and ingredients with naturally occurring calcium)	400 mg	36%	Red Raspberry	250 mg	*
Protein	14 g		Iron (naturally occurring)	2 mg	7%	(Ascorbate)(leaves)		
Vitamin A (1500 mcg (57%) as beta-carotene and 750 mcg (33%) as retinyl palmitate)	2950 mcg	173%	Iodine	250 mcg	88%	Ginger 10:1 Extract	200 mg	*
Vitamin C (ascorbic acid)	500 mg	282%	(as potassium iodide and from organic Icelandic kelp (Laminaria digitata)(stem and leaf))			(Zingiber officinale)(root)		
Vitamin D3 (cholecalciferol)	50 mcg (2000 IU)	333%	Magnesium	250 mg	62%	Inositol	150 mg	*
Vitamin E	130 mg	688%	(as Abisor® DIMagnesium Malate)			L-Carnosine	150 mg	*
(as D-alpha tocopheryl succinate)			Zinc	20 mg	154%	Coenzyme Q10 (as ubiquinol)	75 mg	*
Vitamin K2 (as menaquinone-7)	100 mcg	111%	(as TRAACOS® Zinc Bisglycinate Chelate)			Milk Thistle Extract	75 mg	*
Thiamin (as thiamine hydrochloride)	5 mg	357%	Selenium	200 mcg	288%	(Silybum marianum)(seeds)(50% silymarin)		
Riboflavin	80 mg	1,250%	(as SelenoExcel® High Selenium Yeast)			Mixed Tocopherols	45-45 mg	*
(50% as riboflavin and 50% as riboflavin 5'-phosphate sodium)			Manganese	5 mg	102%	Lutein	5 mg	*
Niacin (as niacinamide)	25 mg	130%	(as TRAACOS® Manganese Bisglycinate Chelate)			(from marigold extract)(Tagetes erecta)(flowers)		
Vitamin B6	30 mg	1,000%	Chromium	120 mcg	267%	Zeaxanthin	5 mg	*
(50% as pyridoxal 5'-phosphate and 50% as pyridoxine HCl)			(as TRAACOS® Chromium Nicotinate Glycinate Chelate)			(from marigold extract)(Tagetes erecta)(flowers)		
Folate	800 mcg DFE	133%	Molybdenum	100 mcg	200%			
(50% as Guarafolin® (6S)-5-methyltetrahydrofolate, glucosamine salt and 50% as calcium folinate)			(as TRAACOS® Molybdenum Glycinate Chelate)					
			Sodium (naturally occurring)	200 mg	12%			

Other Ingredients: Pea protein isolate, organic dried cane syrup, natural flavors, glycine, sunflower oil, medium-chain triglyceride oil, cellulose gum, xanthan gum, rice protein concentrate, dextrose, lemon extract, and L-glutamine.