

SUGGESTED USE: Take 4 capsules daily with food or use as directed by your healthcare professional. May be taken in divided doses if desired. Do not take within 5 hours of bedtime as it may interfere with sleep.

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

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

Optimal Start is a unique multivitamin free of copper, iron, calcium, B12 and folate — providing a tailored starting point for those who may be sensitive to methylation support supplements. Additional adaptogenic herbs may also help support healthy glandular function.†

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Optimal Start Meets or Exceeds cGMP Quality Standards.



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PHYSICIAN FORMULATED



Seeking Health® Optimal Start

Dietary Supplement

120 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 30

Amount Per Serving		%DV	Amount Per Serving		%DV
Vitamin A (as retinyl palmitate)	450 mcg	50%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	150 mcg	429%
Vitamin C (ascorbic acid)	250 mg	278%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	75 mcg	167%
Vitamin E (as d-alpha tocopheryl succinate)	99 mg	660%	Potassium (as Albion® Potassium Glycinate Complex)	99 mg	2%
Thiamin (as thiamine hydrochloride)	50 mg	4,167%	Ashwagandha Extract (Withania somnifera)(root)(5% withanolides)	150 mg	*
Riboflavin (as riboflavin 5'-phosphate sodium)	25 mg	1,923%	Siberian Ginseng Extract (Eleutherococcus senticosus)(root)	150 mg	*
Niacin (75% as inositol hexanicotinate and 25% as nicotinic acid)	100 mg	625%	American Ginseng (Panax quinquefolius)(root)	150 mg	*
Vitamin B6 (as pyridoxal 5'-phosphate)	25 mg	1,471%	Coenzyme Q10 (as ubiquinol)	50 mg	*
Biotin	500 mcg	1,667%	Shilajit Extract (Asphaltum punjabinum)(mineral extract)(50% fulvic acid)	50 mg	*
Pantothenic Acid (as d-calcium pantothenate)	150 mg	3,000%	Mixed Tocopherols	9.09 mg	*
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate and magnesium oxide)	200 mg	48%	Boron (as Albion® Boronorganic Glycine)	750 mcg	*
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	15 mg	136%	* % DV (Daily Value) Not Established.		
Selenium (as Albion® Selenium Glycinate Complex)	150 mcg	273%			
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	4 mg	174%			

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

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

REV. 030817

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