

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 practitioner prior to use. Do not use if tamper seal is damaged.

CAUTIONS: Consult your healthcare practitioner before use. Keep out of reach of children. Avoid if allergic to any ingredient. Do not exceed 5,000 IU intake per day of preformed vitamin A. 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.

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

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

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

Manufactured for and Distributed by: Find Other Effective Health Products At
Seeking Health www.seekinghealth.com
3140 Mercer Ave
Bellingham, WA 98225
(800) 547-9812



7 00580 72344 2

PHYSICIAN FORMULATED

SeekingHealth®

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	5000 IU	63%	Zinc (as TRAACS® Zinc Bisglycinate Chelate)	20 mg	133%
(50% as natural beta-carotene and 50% as retinyl palmitate)			Selenium (as SelenoExcel® High Selenium Yeast)	200 mcg	*
Vitamin C (ascorbic acid)	350 mg	583%	Copper (as TRAACS® Copper Bisglycinate Chelate)	0.75 mg	38%
Vitamin D3 (cholecalciferol)	2000 IU	500%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)	5 mg	*
Vitamin E	200 IU	667%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	120 mcg	*
(as d-alpha tocopheryl succinate and mixed tocopherols)			Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg	*
Vitamin K2 (as menaquinone-7)	100 mcg	*	Potassium (as Albion® Potassium Glycinate Complex)	99 mg	*
Thiamin (as thiamine hydrochloride)	5 mg	294%			
Riboflavin	20 mg	1000%	Choline (as choline bitartrate)	250 mg	*
(50% as riboflavin 5'-phosphate sodium and 50% as riboflavin)			Red Raspberry (<i>Rubus idaeus</i>)(leaf)	250 mg	*
Niacin (as niacinamide)	25 mg	125%	Inositol	150 mg	*
Vitamin B6	20 mg	800%	Betaine HCl	150 mg	*
(50% as pyridoxine HCl and 50% as pyridoxal 5'-phosphate)			L-Carnosine	150 mg	*
Folate (50% as Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt and 50% as calcium folinate)	800 mcg	100%	Ginger Extract 10:1 (<i>Zingiber officinale</i>)(root)	100 mg	*
Vitamin B12	150 mcg	1875%	Coenzyme Q10 (ubidecarenone)	75 mg	*
(80% as methylcobalamin and 20% as adenosylcobalamin)			Milk Thistle Extract (<i>Silybum marianum</i>)(seeds)(80% silymarin)	75 mg	*
Biotin	500 mcg	167%	Taurine	50 mg	*
Pantothenic Acid (as d-calcium pantothenate)	150 mg	1500%	Lutein (from marigold extract)(<i>Tagetes erecta</i>)(flowers)	5 mg	*
Calcium (as DimaCal® Dicalcium Malate)	400 mg	31%	Zeaxanthin (from marigold extract)(<i>Tagetes erecta</i>)(flowers)	5 mg	*
Iodine (as potassium iodide)	250 mcg	167%			
Magnesium (as Albion® DiMagnesium Malate)	250 mg	56%	* % 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. 061016 ZCL-SKGHEALTH-PRECAP-04 This package is completely recyclable ♻