

SUGGESTED USE: Take 6 capsules daily with food or as directed by your healthcare professional. 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.

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

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P H Y S I C I A N F O R M U L A T E D



Seeking Health®

Kids Optimal Multivitamin

Iron-and Copper-free

Dietary Supplement

180 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 6 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A [750 mcg RAE (50%) as beta-carotene and 750 mcg RAE (50%) as retinyl palmitate]	1500 mcg RAE	167%	Magnesium (as DiMagnesium Malate [®])	150 mg 36%
Vitamin C (ascorbic acid)	250 mg	278%	Zinc (as Zinc Bisglycinate Chelate [®])	15 mg 136%
Vitamin D3 (cholecalciferol)	25 mcg (1000 IU)	125%	Selenium (as SelenoExcell [®] High Selenium Yeast)	200 mcg 364%
Vitamin E (as d-alpha tocopheryl succinate)	100 mg	667%	Manganese (as Manganese Bisglycinate Chelate [®])	2 mg 87%
Vitamin K2 (as menaquinone-7)	75 mcg	63%	Chromium (as Chromium Nicotinate Glycinate Chelate [®])	150 mcg 429%
Thiamin (as thiamine hydrochloride)	30 mg	2,500%	Molybdenum (as Molybdenum Glycinate Chelate [®])	75 mcg 167%
Riboflavin (as riboflavin 5'-phosphate sodium)	15 mg	1,154%	Potassium (as Potassium Glycinate Complex [®])	99 mg 2%
Niacin (67% as inositol hexanicotinate and 33% as niacin)	75 mg	469%	Betaine Anhydrous (trimethylglycine)	100 mg *
Vitamin B6 (as pyridoxal 5'-phosphate)	15 mg	882%	Milk Thistle Extract (Silybum marianum)(seeds)(80% silymarin)	50 mg *
Folate [50% as Quatrefolic [®] (6S)-5-methyltetrahydrofolate, glucosamine salt and 50% as calcium folinate]	400 mcg DFE	100%	Lutein (from marigold extract)(Tagetes erecta)(flowers)	5 mg *
Vitamin B12 (80% as methylcobalamin and 20% as adenosylcobalamin)	50 mcg	2,083%	Boron (as Bororganic Glycine [®])	1 mg *
Biotin	350 mcg	1,167%	Vanadium (as Vanadium Nicotinate Glycinate Chelate [®])	50 mcg *
Pantothenic Acid (as d-calcium pantothenate)	75 mg	1,500%		
Calcium (as Calcium Bisglycinate Chelate [®])	100 mg	8%		
Iodine [from potassium iodide and organic Icelandic kelp (Laminaria digitata)(stem and leaf)]	200 mcg	133%		

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

Kids Optimal Multivitamin Meets or Exceeds cGMP Quality Standards.

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