

SUGGESTED USE: Adults and children age 4 and over: Chew 2 tablets daily with food or use as directed by your healthcare professional. Do not take within 5 hours of bedtime as it may interfere with sleep. Consult with a healthcare professional to determine dose and suitability for children under 4 years of age.

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

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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

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

Optimal Multivitamin Meets or Exceeds cGMP Quality Standards.

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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®

Optimal Multivitamin

Chewable

Dietary Supplement

60 CHEWABLE TABLETS

Supplement Facts

Serving Size: 2 Chewable Tablets

Servings Per Container: 30

Amount Per Serving			%DV	Amount Per Serving			%DV
Calories	10			Iron (as Iron Glycinate [§])	5 mg	28%	
Total Carbohydrate	3 g	1% [†]		Iodine [from potassium iodide and organic Icelandic kelp (<i>Laminaria digitata</i>)(stem and leaf)]	150 mcg	100%	
Vitamin A [750 mcg RAE (50%) as beta-carotene and a 750 mcg RAE (50%) as retinyl palmitate]	1500 mcg RAE	167%		Magnesium (as magnesium citrate)	100 mg	24%	
Vitamin C (ascorbic acid)	350 mg	389%		Zinc (as Zinc Bisglycinate Chelate [§])	5 mg	45%	
Vitamin D3 (cholecalciferol)	25 mcg (1000 IU)	125%		Selenium (as SelenoExcell® High Selenium Yeast)	70 mcg	127%	
Vitamin E (as d-alpha tocopheryl succinate)	66 mg	440%		Copper (as copper gluconate)	0.5 mg	56%	
Vitamin K2 (as menaquinone-7)	80 mcg	67%		Manganese (as Manganese Bisglycinate Chelate [§])	2 mg	87%	
Thiamin (as thiamine mononitrate)	4 mg	333%		Chromium (as Chromium Nicotinate Glycinate Chelate [§])	120 mcg	343%	
Riboflavin (75% as riboflavin and 25% as riboflavin 5'-phosphate sodium)	4 mg	308%		Molybdenum (as Molybdenum Glycinate Chelate [§])	75 mcg	167%	
Niacin (as niacinamide)	25 mg	156%					
Vitamin B6 (80% as pyridoxine HCl and 20% as pyridoxal 5'-phosphate)	5 mg	294%		Mixed Tocopherols	9 mg	*	
Folate [50% as Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt and 50% as calcium folinate]	400 mcg DFE	100%		Lutein (from marigold extract)(<i>Tagetes erecta</i>)(flowers)	5 mg	*	
Vitamin B12 (as methylcobalamin and adenosylcobalamin)	20 mcg	833%		Zeaxanthin (from marigold extract)(<i>Tagetes erecta</i>)(flowers)	2.5 mg	*	
Biotin	500 mcg	1,667%		Boron (as Bororganic Glycine [§])	1 mg	*	
Pantothenic Acid (as d-calcium pantothenate)	25 mg	500%		Vanadium (as Vanadium Nicotinate Glycinate Chelate [§])	75 mcg	*	
Choline (as choline bitartrate)	5 mg	1%					
Calcium (as calcium citrate malate)	100 mg	8%		† Percent Daily Values are based on a 2,000 calorie diet.			
				* Daily Value (DV) not established.			

Other Ingredients: Xylitol, microcrystalline cellulose, stearic acid, natural flavors, malic acid, silica, monk fruit extract, magnesium stearate, and licorice root powder.

ZCL-SKGHEALTH-OMC-03 REV. 121317

This package is completely recyclable ♻️