

SUGGESTED USE: Take 1 capsule daily with breakfast or lunch, or use as directed by your healthcare professional. Capsules may be opened and nutrients taken separately or sprinkled into food or drink. 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.

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

Optimal Multivitamin Methyl One 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 Methyl One

Dietary Supplement

45 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 45

Amount Per Serving %DV			Amount Per Serving %DV		
Vitamin A [375 mcg RAE (50%) as beta-carotene and 375 mcg RAE (50%) as retinyl palmitate]	750 mcg RAE	83%	Zinc (as Zinc Bisglycinate Chelate [§])	10 mg	91%
Vitamin D3 (cholecalciferol)	25 mcg (1000 IU)	125%	Selenium (as SelenoExcell® High Selenium Yeast)	75 mcg	136%
Vitamin E (as d-alpha tocopheryl succinate)	50.25 mg	335%	Manganese (as Manganese Bisglycinate Chelate [§])	1 mg	43%
Vitamin K2 (as menaquinone-7)	100 mcg	83%	Chromium (as Chromium Nicotinate Glycinate Chelate [§])	200 mcg	571%
Thiamin (as thiamine hydrochloride)	25 mg	2,083%	Molybdenum (as Molybdenum Glycinate Chelate [§])	75 mcg	167%
Riboflavin (as riboflavin 5'-phosphate sodium)	5 mg	385%	myo-Inositol	50 mg	*
Niacin	20 mg	125%	Superoxide Dismutase [from Extramel® M Melon Extract (<i>Cucumis melo</i>)(pulp)]	7.143 mg (100 IU)	*
Vitamin B6 (as pyridoxal 5'-phosphate)	20 mg	1,176%	Mixed Tocopherols	5 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)]	3 mg	*
Vitamin B12 (50% as methylcobalamin and 50% as adenosylcobalamin)	25 mcg	1,042%	Boron (as Bororganic Glycine [§])	1 mg	*
Biotin	500 mcg	1,667%	BioPQQ® Pyrroloquinoline Quinone Disodium Salt	1 mg	*
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1,000%	* Daily Value (DV) not established.		
Choline (as choline bitartrate)	50 mg	9%			
Iodine [from organic Icelandic kelp (<i>Laminaria digitata</i>)(stem and leaf)]	100 mcg	67%			

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

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