

SUGGESTED USE: Take 8 capsules daily with food, in divided doses, or as directed by your healthcare professional. California residents should not exceed 4 capsules daily.

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 Plus includes a well-rounded blend of essential nutrients, along with superfoods, antioxidants, and specialized blends to optimize vision, liver, and cognitive function.†

†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.

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

Optimal Multivitamin Plus Meets or Exceeds cGMP Quality Standards.

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

§ DimaCal®, Albion®, and TRAACS® are registered trademarks of Albion Laboratories, Inc.

Malates covered by U.S. Patent 6,706,904 and patents pending.

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

Truebroc™ produced under US patent 6,521,818 licensed from Brassica Protection Products LLC; truebroc is a trademark of Brassica Protection Products LLC.

BioPerine is a registered trademark of Sabinsa Corp. BioPerine is protected by US patents 5,536,506; 5,744,161; 5,972,382; and 6,054,585.



PHYSICIAN FORMULATED



Seeking Health®

Optimal Multivitamin Plus

Dietary Supplement

240 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 8 Capsules (California Residents should not exceed 4 Capsules Daily)
Servings Per Container: 30 (California Residents: 60)

	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (50% as beta-carotene and 50% as retinyl palmitate)	1500 mcg RAE	167%	750 mcg RAE	83%
Vitamin C (ascorbic acid)	250 mg	278%	125 mg	139%
Vitamin D3 (cholecalciferol)	5 mcg (200 IU)	25%	2.5 mcg (100 IU)	13%
Vitamin E (as d-alpha tocopheryl succinate)	134 mg	883%	67 mg	447%
Vitamin K2 (as menaquinone-7)	50 mcg	42%	25 mcg	21%
Thiamin (as thiamine hydrochloride)	10 mg	833%	5 mg	417%
Riboflavin (as riboflavin 5'-phosphate sodium)	20 mg	1,538%	10 mg	769%
Niacin (as pyridoxal 5'-phosphate)	50 mg	313%	25 mg	156%
Vitamin B6 (as pyridoxal 5'-phosphate)	25 mg	1,471%	12.5 mg	735%
Folate (50% as Quatrefolic® (5S)-5-methyltetrahydrofolate, glucosamine salt and 50% as calcium folinate)	400 mcg DFE	100%	200 mcg DFE	50%
Vitamin B12 (80% as methylcobalamin and 20% as adenosylcobalamin)	150 mcg	6,250%	75 mcg	3,125%
Biotin	500 mcg	1,667%	250 mcg	833%
Pantothenic Acid (as d-calcium pantothenate)	200 mg	4,000%	100 mg	2,000%
Choline (as choline bitartrate)	25 mg	5%	12.5 mg	2%
Calcium (as Dicalcium Malate*)	100 mg	8%	50 mg	4%
Iodine (from organic Icelandic kelp (<i>Laminaria digitata</i>) stem and leaf)	250 mcg	167%	125 mcg	83%
Magnesium (as Dihydrogen Magnesium Malate)	200 mg	48%	100 mg	24%
Zinc (as Zinc Bisglycinate Chelate*)	20 mg	182%	10 mg	91%
Selenium (as SelenoExcell® High Selenium Yeast)	200 mcg	364%	100 mcg	182%
Copper (as Copper Bisglycinate Chelate*)	1 mg	111%	0.5 mg	56%
Manganese (as Manganese Bisglycinate Chelate*)	4 mg	174%	2 mg	87%
Chromium (as Chromium Nicotinate Glycinate Chelate*)	200 mcg	571%	100 mcg	286%
Molybdenum (as Molybdenum Glycinate Chelate*)	150 mcg	333%	75 mcg	167%
Potassium (as Potassium Glycinate Complex*)	99 mg	2%	49.5 mg	1%

Proprietary Copilact Blend†: Ashwagandha Extract (<i>Withania somnifera</i>) (root) (5% withanolides), Gotu Kola Extract (<i>Cornelia asatica</i>) (whole herb), Siberian Ginseng Extract (<i>Eleutherococcus senticosus</i>) (root) (0.8% eleutheroside), <i>Bacopa monnieri</i> Extract (leaf) (20% bacosides), Ginkgo Extract (<i>Ginkgo biloba</i>) (leaves) (24% flavone glycosides and 6% terpene lactones)	500 mg	*	250 mg	*
Proprietary Amino Acid Blend: N-Acetyl-L-Cysteine, Betaine HCl	350 mg	*	175 mg	*
Proprietary Fruit and Vegetable Blend: Garlic Extract (<i>Allium sativum</i>) (aged bulb), Spirulina Chinese Plant (<i>Arthrospira platensis</i> and <i>Arthrospira maxima</i>) (whole plants), Chlorella (<i>Chlorella vulgaris</i>) (whole plant), Citrus Fiber	250 mg	*	125 mg	*
Proprietary Antioxidant Blend†: Shilait Extract (<i>Asphaltum punjabium</i>) (mineral extract) (50% tunic acid), Coenzyme Q10 (as ubiquinol), Pine Bark Extract (<i>Pinus pinaster</i>) (bark) (95% proanthocyanidins), Melon Extract (<i>Cucumis melo</i>) (pulp) (100 IU SOD)	207 mg	*	103 mg	*
Proprietary Liver Support Blend†: Milk Thistle Extract (<i>Silybum marianum</i>) (seeds) (80% silymarin), Turmeric Extract (<i>Curcuma longa</i>) (root) (95% curcuminoids), Glucoraphanin (from broccoli extract) (<i>Brassica oleracea italica</i>) (seed) (truebroc™), Black Pepper Extract (<i>Piper nigrum</i>) (fruit) (Bio-Perine®)	203 mg	*	101 mg	*
Proprietary Vision Support Blend†: Bilberry Extract (<i>Vaccinium myrtillus</i>) (fruit) (25% anthocyanosides), Lutein (from marigold extract) (<i>Tagetes erecta</i>) (flowers), Lycopene, Zeaxanthin (from marigold extract) (<i>Tagetes erecta</i>) (flowers)	112 mg	*	56 mg	*
Proprietary Blend of Minerals, Nutrients, and Trace Elements: Inositol (<i>myo</i> -inositol), PABA (<i>para</i> -Amino benzoic Acid), Boron (as Boronorganic Glycine*), Vanadium (as Vanadium Nicotinate Glycinate Chelate*)	100 mg	*	50 mg	*
Benfotiamine	10 mg	*	5 mg	*
Mixed Tocopherols	2.88 mg	*	1.44 mg	*
Honestall (<i>Equisetum arvense</i>) (aerial parts)	100 mcg	*	50 mcg	*

* Daily Value (DV) not established
Δ CA (State of California Residents)

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

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