

SUGGESTED USE: Blend, shake, or briskly mix one scoop of Optimal Multivitamin Powder daily in filtered water or beverage of choice, or as directed by your healthcare professional. Alternatively, you may divide the dose, ½ scoop twice daily, in the morning and afternoon. Adding organic fruit, berries, leafy greens, healthy oils and chia seeds provides additional nutrition and taste. Do not take within five hours of bedtime.

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, or artificial flavors.

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

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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 Powder

Cherry

Dietary Supplement

NET WT 5.19 OZ (147 G)

Supplement Facts

Serving Size: 1 Scoop (About 4.9 g)

Servings Per Container: About 30

Amount Per Serving		%DV	Amount Per Serving		%DV	Amount Per Serving		%DV
Calories	10		Folate [50% as Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt and 50% as calcium folinate]	400 mcg DFE	100%	Manganese (as Manganese Bisglycinate Chelate [§])	2 mg	87%
Total Carbohydrate	3 g	1% [†]	Vitamin B12 (50% as adenosylcobalamin and 50% as methylcobalamin)	50 mcg	2,083%	Chromium (as Chromium Nicotinate Glycinate Chelate [§])	120 mcg	343%
Vitamin A [750 mcg RAE (50%) as beta-carotene and 750 mcg RAE (50%) as retinyl palmitate]	1500 mcg RAE	167%	Biotin	500 mcg	1,667%	Molybdenum (as Molybdenum Glycinate Chelate [§])	100 mcg	222%
Vitamin C (ascorbic acid)	350 mg	389%	Pantothenic Acid (as d-calcium pantothenate)	100 mg	2,000%	Potassium (as Potassium Glycinate Complex [§])	99 mg	2%
Vitamin D3 (cholecalciferol)	25 mcg (1,000 IU)	125%	Choline (as choline bitartrate)	100 mg	18%	Inositol (<i>myo</i> -inositol)	100 mg	*
Vitamin E (as d-alpha tocopheryl succinate)	97 mg	647%	Calcium (as Dicalcium Malate [§] , tricalcium phosphate, and d-calcium pantothenate)	95 mg	7%	Mixed Tocopherols	47 mg	*
Vitamin K2 (as menaquinone-7)	100 mcg	83%	Iron (as Ferrous Bisglycinate Chelate [§])	5 mg	28%	Lutein (from marigold extract)(<i>Tagetes erecta</i>)(flowers)	5 mg	*
Thiamin (as thiamine HCl)	5 mg	417%	Iodine [from potassium iodide and organic Icelandic kelp (<i>Laminaria digitata</i>)(stem and leaf)]	200 mcg	133%	Zeaxanthin (from marigold extract)(<i>Tagetes erecta</i>)(flowers)	5 mg	*
Riboflavin (50% as riboflavin-5'-phosphate sodium and 50% as riboflavin)	20 mg	1,538%	Magnesium (as DiMagnesium Malate [§])	150 mg	36%	Boron (as Bororganic Glycine [§])	2 mg	*
Niacin (as niacinamide)	25 mg	156%	Zinc (as Zinc Bisglycinate Chelate [§])	10 mg	91%	Vanadium (as Vanadium Nicotinate Glycinate Chelate [§])	50 mcg	*
Vitamin B6 (50% as pyridoxal 5'-phosphate and 50% as pyridoxine HCl)	10 mg	588%	Selenium (as SelenoExcell® High Selenium Yeast)	70 mcg	127%			

Other Ingredients: Malic acid, natural flavors, stevia leaf extract, red beet juice powder, and silica.

Optimal Multivitamin Powder Meets or Exceeds cGMP Quality Standards.

This package is completely recyclable

† Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value (DV) not established.

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REV. 06/11/18