

TARGETED SUPPORT



Seeking Health®

Optimal Multivitamin w/iron

Dietary Supplement

120 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 4 Capsules • Servings Per Container 30

Amount Per 4 Capsules	% Daily Value
Vitamin A (50% (1,050 mcg RAE) as natural carotenes (beta-carotene, alpha-carotene and beta-cryptoxanthin) from <i>D. salina</i> and 50% (1,050 mcg RAE) as vitamin A palmitate)	2,100 mcg RAE 233%
Vitamin C (as L-ascorbic acid)	180 mg 200%
Vitamin D ₃ (as cholecalciferol)	25 mcg 125%
Vitamin E (as RRR-alpha-tocopheryl acid succinate, RRR-d-alpha-tocopherol)	60 mg 400%
Vitamin K ₁ (as phytonadione)	80 mcg 67%
Thiamin (75% as thiamin HCl and 25% benfotiamine)	12 mg 1,000%
Riboflavin (69% as riboflavin and 31% as riboflavin 5'-phosphate)	5.1 mg 392%
Niacin (75% as niacinamide, 25% as niacin)	40 mg NE 250%
Vitamin B ₆ (67% as pyridoxine HCl and 33% as pyridoxal 5'-phosphate)	6 mg 353%
Folate (as Metafolin® L-5-methyltetrahydrofolate)	1,360 mcg DFE 340% (800 mcg)
Vitamin B ₁₂ (as methylcobalamin)	250 mcg 10,417%
Biotin	600 mcg 2,000%
Pantothenic Acid (as calcium D-pantothenate)	20 mg 400%
Choline (as choline bitartrate)	10 mg 2%

Other ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, and silicon dioxide.

Manufactured for and Distributed by:

Seeking Health, LLC • 3140 Mercer Ave. • Bellingham, WA 98225 • (800) 547-9812

Find Other Effective Health Products At: www.SeekHealth.com

SUGGESTED USE: 4 capsules daily with food or as directed by your healthcare professional.

Amount Per 4 Capsules	% Daily Value
Calcium (95% as calcium citrate and 5% calcium D-pantothenate)	100 mg 8%
Iron (as Ferrochel® ferrous bisglycinate chelate††)	45 mg 250%
Iodine (90% as potassium iodide and 10% from kelp)	150 mcg 100%
Magnesium (as TRAACS® magnesium bisglycinate chelate, magnesium oxide††)	100 mg 24%
Zinc (as zinc bisglycinate chelate††)	15 mg 136%
Selenium (as selenium amino acid complex)	70 mcg 127%
Copper (as copper gluconate)	2 mg 222%
Manganese (as manganese bisglycinate chelate††)	2 mg 87%
Chromium (as chromium nicotinate glycinate chelate††)	120 mcg 343%
Molybdenum (as molybdenum glycinate chelate††)	75 mcg 167%
Boron (as boron aspartate-citrate)	2 mg *
Vanadium (as bisglycinate oxovanadium)	50 mcg *
Inositol	25 mg *
Natural Mixed Tocopherols (RRR-beta, RRR-delta, RRR-gamma)	0.8 mg *
Natural Mixed Carotenoids (lutein and zeaxanthin from <i>D. salina</i>)	20 mcg *

*Daily Value not established.

†Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

††Albion®, TRAACS®, and Ferrochel® are registered trademarks of Albion® Laboratories, Inc.

Optimal Multivitamin w/iron Meets or Exceeds cGMP Quality Standards.



WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. KEEP OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

Do not use if shrinkwrap is broken or missing.

STORAGE: Store in a cool, dry place below 85°F away from direct light. Do not freeze.