

SUGGESTED USE: Blend, shake, or briskly mix one scoop of Optimal Prenatal Chocolate daily in filtered water or beverage of choice, or as directed by your healthcare professional. Alternatively, you may divide the dose, half 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.

CAUTIONS: Consult your healthcare professional before use. Keep out of reach of children. Avoid if allergic to any ingredient. Do not exceed 1500 mcg intake per day of preformed vitamin A (retinol or retinyl forms). Evaluate total vitamin K intake from food and supplements if you are taking blood-thinning medications. Do not ingest excessive amounts of protein while pregnant or breastfeeding. Consult with your healthcare professional to determine a suitable daily protein intake for your individual needs.

CAL PROP 65 WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

For more information regarding California Proposition 65 see: www.seekinghealth.com/media/Prop65.pdf

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

Optimal Prenatal Chocolate is a comprehensive prenatal formula designed to meet the high nutritional needs of women who are pregnant or preparing for pregnancy – or anyone looking for a well-rounded multivitamin combined with a high-quality vegetarian protein powder. This formula contains L-5-MTHF, the most biologically available form of folate, which is essential during pregnancy to support healthy brain development. L-5-MTHF works in conjunction with amino acids, chelated minerals, and coenzyme forms of B vitamins to support cardiovascular, neurologic, and immune health and normal cell growth.†

†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 Prenatal Chocolate 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.

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



Optimal Prenatal

Chocolate

Dietary Supplement

NET WT 22.96 OZ (651 G)

Supplement Facts

Serving Size: 1 Scoop (About 43.4 g)
Servings Per Container: About 15

	Amount Per Serving	%DV for Pregnant or Lactating Women		Amount Per Serving	%DV for Pregnant or Lactating Women		Amount Per Serving	%DV for Pregnant or Lactating Women
Calories	140		Vitamin B12	150 mcg	5,357%	Sodium (naturally occurring)	310 mg	13%
Total Fat	3.5 g	4%†	(67% as methylcobalamin and 33% as adenosylcobalamin)			Potassium	230 mg	5%
Saturated Fat	1 g	5%†	Biotin	500 mcg	1,429%	(as Potassium Glycinate Complex [§] and ingredients with naturally occurring potassium)		
Total Carbohydrate	15 g	5%‡	Pantothenic Acid	150 mg	2,143%	Taurine	550 mg	*
Dietary Fiber	4 g	14%‡	(as d-calcium pantothenate)			Acetyl-L-Carnitine	500 mg	*
Total Sugars	4 g	*	Choline (as choline bitartrate)	250 mg	45%	(as acetyl-L-carnitine HCl)		
Includes 4 g Added Sugars		8%‡	Calcium	430 mg	33%	Betaine HCl	300 mg	*
Protein	15 g		(as Dicalcium Malate [§] , tricalcium phosphate, d-pantothenate, and ingredients with naturally occurring calcium)			Red Raspberry	250 mg	*
Vitamin A [750 mcg RAE (50%) as beta-carotene and 750 mcg RAE (50%) as retinyl palmitate]	1500 mcg RAE	115%	Iron (naturally occurring)	4 mg	15%	(<i>Rubus idaeus</i>)(leaves)		
Vitamin C (ascorbic acid)	350 mg	292%	Iodine	250 mcg	86%	Ginger 10:1 Extract	200 mg	*
Vitamin D3 (cholecalciferol)	50 mcg (2000 IU)	333%	[as potassium iodide and from organic Icelandic kelp (<i>Laminaria digitata</i>)(stem and leaf)]			(<i>Zingiber officinale</i>)(root)		
Vitamin E	130 mg	684%	Magnesium	250 mg	63%	Inositol	150 mg	*
(as d-alpha tocopheryl succinate)			(as DiMagnesium Malate [§])			L-Carnosine	150 mg	*
Vitamin K2 (as menaquinone-7)	100 mcg	111%	Zinc	20 mg	154%	Coenzyme Q10 (as ubiquinone)	75 mg	*
Thiamin (as thiamine hydrochloride)	5 mg	357%	(as Zinc Bisglycinate Chelate [§])			Milk Thistle Extract	75 mg	*
Riboflavin	20 mg	1,250%	Selenium	200 mcg	286%	(<i>Silybum marianum</i>)(seeds)(80% silymarin)		
(50% as riboflavin and 50% as riboflavin 5'-phosphate sodium)			(as SelenoExcell® High Selenium Yeast)			Mixed Tocopherols	45 mg	*
Niacin (as niacinamide)	25 mg	139%	Manganese	5 mg	192%	Lutein	5 mg	*
Vitamin B6	20 mg	1,000%	(as Manganese Bisglycinate Chelate [§])			(from marigold extract)(<i>Tagetes erecta</i>)(flowers)		
(50% as pyridoxal 5'-phosphate and 50% as pyridoxine HCl)			Chromium	120 mcg	267%	Zeaxanthin	5 mg	*
Folate	800 mcg DFE	133%	(as Chromium Nicotinate Glycinate Chelate [§])			(from marigold extract)(<i>Tagetes erecta</i>)(flowers)		
[50% as Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt and 50% as calcium folinate]			Molybdenum	100 mcg	200%			
			(as Molybdenum Glycinate Chelate [§])					

Other Ingredients: Pea protein isolate, cocoa powder, organic dried cane syrup, natural flavors, glycine, sunflower oil, medium-chain triglyceride oil, cellulose gum, xanthan gum, rice protein concentrate, stevia leaf extract, and L-glutamine.