

SUGGESTED USE: Blend, shake, or briskly mix one scoop of Optimal Prenatal Vanilla 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 Vanilla 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 Vanilla 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

Vanilla

Dietary Supplement

NET WT 19.31 OZ (547.5 G)

Supplement Facts

Serving Size: 1 Scoop (About 36.5 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	130		Vitamin B12 (67% as methylcobalamin and 33% as adenosylcobalamin)	150 mcg	5,357%	Sodium (naturally occurring)	280 mg	12%
Total Fat	3 g	4% [†]	Biotin	500 mcg	1,429%	Potassium (as Potassium Glycinate Complex [§] and ingredients with naturally occurring potassium)	115 mg	2%
Saturated Fat	1.5 g	8% [†]	Pantothenic Acid (as d-calcium pantothenate)	150 mg	2,143%	Taurine	550 mg	*
Total Carbohydrate	11 g	4% [†]	Choline (as choline bitartrate)	250 mg	45%	Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)	500 mg	*
Dietary Fiber	1 g	4% [†]	Calcium (as Dicalcium Malate [§] , tricalcium phosphate, d-pantothenate, and ingredients with naturally occurring calcium)	430 mg	33%	Betaine HCl	300 mg	*
Total Sugars	4 g	*	Iron (naturally occurring)	3 mg	11%	Red Raspberry (<i>Rubus idaeus</i>)(leaves)	250 mg	*
Includes 4 g Added Sugars		8% [†]	Iodine	250 mcg	86%	Ginger 10:1 Extract (<i>Zingiber officinale</i>)(root)	200 mg	*
Protein	14 g		[as potassium iodide and from organic Icelandic kelp (<i>Laminaria digitata</i>)(stem and leaf)]			Inositol	150 mg	*
Vitamin A [750 mcg RAE (50%) 1500 mcg RAE as beta-carotene and 750 mcg RAE (50%) as retinyl palmitate]		115%	Magnesium (as DiMagnesium Malate [§])	250 mg	63%	L-Carnosine	150 mg	*
Vitamin C (ascorbic acid)	350 mg	292%	Zinc (as Zinc Bisglycinate Chelate [§])	20 mg	154%	Coenzyme Q10 (as ubiquinol)	75 mg	*
Vitamin D3 (cholecalciferol)	50 mcg (2000 IU)	333%	Selenium (as SelenoExcell® High Selenium Yeast)	200 mcg	286%	Milk Thistle Extract (<i>Silybum marianum</i>)(seeds)(80% silymarin)	75 mg	*
Vitamin E (as d-alpha tocopheryl succinate)	130 mg	684%	Manganese (as Manganese Bisglycinate Chelate [§])	5 mg	192%	Mixed Tocopherols	45 mg	*
Vitamin K2 (as menaquinone-7)	100 mcg	111%	Chromium (as Chromium Nicotinate Glycinate Chelate [§])	120 mcg	267%	Lutein (from marigold extract)(<i>Tagetes erecta</i>)(flowers)	5 mg	*
Thiamin (as thiamine hydrochloride)	5 mg	357%	Folate [50% as Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt and 50% as calcium folinate]	100 mcg	200%	Zeaxanthin (from marigold extract)(<i>Tagetes erecta</i>)(flowers)	5 mg	*
Riboflavin (50% as riboflavin and 50% as riboflavin 5'-phosphate sodium)	20 mg	1,250%						
Niacin (as niacinamide)	25 mg	139%						
Vitamin B6 (50% as pyridoxal 5'-phosphate and 50% as pyridoxine HCl)	20 mg	1,000%						

Other Ingredients: Pea protein isolate, 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.