

SUGGESTED USE: Take 4 capsules daily with food or use as directed by your healthcare professional. California residents should not exceed 2 capsules daily. May be taken in divided doses if desired. Do not take within 5 hours of bedtime as it may interfere with sleep.

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 Start is a unique multivitamin free of copper, iron, calcium, B12 and folate – providing a tailored starting point for those who may be sensitive to methylation support supplements. Additional adaptogenic herbs may also help support healthy glandular function.†

†This statement has 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, artificial flavors, or artificial colors.

Optimal Start Meets or Exceeds cGMP Quality Standards.

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Manufactured for and Distributed by:

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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 Start

Dietary Supplement

120 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 4 Capsules (California Residents should not exceed 2 Capsules daily)

Servings Per Container: 30 (California Residents: 60)

	Amount Per Serving	%DV	Amount Per CA ^Δ Serving	%DV CA ^Δ		Amount Per Serving	%DV	Amount Per CA ^Δ Serving	%DV CA ^Δ
Vitamin A (as retinyl palmitate)	450 mcg RAE	50%	225 mcg RAE	25%	Chromium (as Chromium Nicotinate Glycinate Chelate [®])	150 mcg	429%	75 mcg	214%
Vitamin C (ascorbic acid)	250 mg	278%	125 mg	139%	Molybdenum (as Molybdenum Glycinate Chelate [®])	75 mcg	167%	37.5 mcg	83%
Vitamin E (as d-alpha tocopheryl succinate)	99 mg	660%	49.5 mg	330%	Potassium (as Potassium Glycinate Complex [®])	99 mg	2%	49.5 mg	1%
Thiamin (as thiamine hydrochloride)	50 mg	4,167%	25 mg	2,083%	Ashwagandha Extract (Withania somnifera)(root)(5% withanolides)	150 mg	*	75 mg	*
Riboflavin (as riboflavin 5'-phosphate sodium)	25 mg	1,923%	12.5 mg	962%	Siberian Ginseng Extract (Eleutherococcus senticosus)(root)	150 mg	*	75 mg	*
Niacin (75% as inositol hexanicotinate and 25% as nicotinic acid)	100 mg	625%	50 mg	313%	American Ginseng (Panax quinquefolius)(root)	150 mg	*	75 mg	*
Vitamin B6 (as pyridoxal 5'-phosphate)	25 mg	1,471%	12.5 mg	735%	Coenzyme Q10 (as ubiquinol)	50 mg	*	25 mg	*
Biotin	500 mcg	1,667%	250 mcg	833%	Shilajit Extract (Asphaltum punjabinum)(mineral extract)(50% fulvic acid)	50 mg	*	25 mg	*
Pantothenic Acid (as d-calcium pantothenate)	150 mg	3,000%	75 mg	1,500%	Mixed Tocopherols	9 mg	*	4.5 mg	*
Magnesium (as Magnesium Bisglycinate Chelate [®] and magnesium oxide)	200 mg	48%	100 mg	24%	Boron (as Bororganic Glycine [®])	750 mcg	*	375 mcg	*
Zinc (as Zinc Bisglycinate Chelate [®])	15 mg	136%	7.5 mg	68%					
Selenium (as SelenoExcell [®] High Selenium Yeast)	150 mcg	273%	75 mcg	136%					
Manganese (as Manganese Bisglycinate Chelate [®])	4 mg	174%	2 mg	87%					

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

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