

**Suggested Use:**  
2-6 Tablets per day as a dietary supplement or as directed by a healthcare practitioner.

**Warning:**  
Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Do not exceed six tablets per day. If pregnant or lactating or taking any prescription drugs consult physician before use. Do not use for pernicious anemia, or if you have hemochromatosis or hemosiderosis. Read brochure inside bottle before use.

**Contains:** soy

Variations in product color may occur. Keep in a cool, dry place, tightly capped.

\*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.

Manufactured for Optimox®  
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# Optivite®

## P.M.T.

### dietary supplement

For use as part of a total dietary program to provide proper nutrition for women with Premenstrual Tension\*

180 Tablets

## Supplement Facts

| Serving Size<br>6 Tablets                                    |          | 30             |  |
|--------------------------------------------------------------|----------|----------------|--|
| Amount Per 6 Tablets                                         |          | % Daily Value* |  |
| Vitamin A<br>(as retinyl palmitate and 60% as beta-carotene) | 12500 IU | 250%           |  |
| Vitamin C (as ascorbic acid)                                 | 1500 mg  | 2500%          |  |
| Vitamin D (as cholecalciferol)                               | 100 IU   | 25%            |  |
| Vitamin E (as D-alpha tocopheryl succinate)                  | 100 IU   | 333%           |  |
| Thiamin (as thiamine mononitrate)                            | 25 mg    | 1666%          |  |
| Riboflavin                                                   | 25 mg    | 1471%          |  |
| Niacin (as niacinamide)                                      | 25 mg    | 125%           |  |
| Vitamin B6 (as Pyridoxine HCl)                               | 300 mg   | 15000%         |  |
| Folic Acid                                                   | 200 mcg  | 50%            |  |
| Vitamin B12 (as hydroxocobalamin)                            | 60 mcg   | 1000%          |  |
| Biotin                                                       | 60 mcg   | 20%            |  |
| Pantothenic Acid (from calcium pantothenate)                 | 25 mg    | 250%           |  |
| Iron (as amino acid chelate)                                 | 15 mg    | 83%            |  |
| Iodine (as hydrolyzed protein complex)                       | 75 mcg   | 50%            |  |
| Calcium (as amino acid chelate)                              | 125 mg   | 12.5%          |  |
| Magnesium (as amino acid chelate)                            | 250 mg   | 63%            |  |
| Zinc (as amino acid chelate)                                 | 25 mg    | 167%           |  |
| Selenium (as hydrolyzed protein complex)                     | 100 mcg  | 143%           |  |
| Copper (as amino acid chelate)                               | 0.5 mg   | 25%            |  |
| Manganese (as amino acid chelate)                            | 10 mg    | 500%           |  |
| Chromium (as hydrolyzed protein complex)                     | 100 mcg  | 83%            |  |
| Choline (from choline bitartrate)                            | 313 mg   | †              |  |
| Citrus Bioflavonoids                                         | 250 mg   | †              |  |
| Betaine HCl                                                  | 100 mg   | †              |  |
| Pancreatin 4X                                                | 93 mg    | †              |  |
| Inositol                                                     | 24 mg    | †              |  |
| p-Aminobenzoic Acid (PABA)                                   | 25 mg    | †              |  |
| Rutin                                                        | 25 mg    | †              |  |

\*Percent daily values are based on a 2000 calorie diet †Daily Value not established

Other Ingredients: Stearic acid, carnauba wax, hydroxypropyl methylcellulose, silica, magnesium stearate, pharmaceutical glaze, titanium dioxide and natural flavors.