

**SUGGESTED USE:** Take 6 capsules daily with food or as directed by your healthcare professional. 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.

**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](http://www.seekinghealth.com/media/Prop65.pdf)

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

**DOES NOT CONTAIN:** Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, GMO, gluten, artificial colors, or artificial flavors.

Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.

Albion® and TRAACS® are registered trademarks of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904.

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PHYSICIAN FORMULATED



Seeking Health®

# Kids Optimal Multivitamin

Iron-and Copper-free

Dietary Supplement

180 VEGETARIAN CAPSULES

## Supplement Facts

Serving Size: 6 Capsules  
Servings Per Container: 30

| Amount Per Serving                                                                                       |                  |        | %DV | Amount Per Serving                                                        |         |      | %DV |
|----------------------------------------------------------------------------------------------------------|------------------|--------|-----|---------------------------------------------------------------------------|---------|------|-----|
| Vitamin A (750 mcg RAE (50%)) as beta-carotene and 750 mcg RAE (50%) as retinyl palmitate)               | 1500 mcg RAE     | 167%   |     | Magnesium (as DiMagnesium Malate®)                                        | 150 mg  | 36%  |     |
| Vitamin C (ascorbic acid)                                                                                | 250 mg           | 278%   |     | Zinc (as Zinc Bisglycinate Chelate®)                                      | 15 mg   | 136% |     |
| Vitamin D3 (cholecalciferol)                                                                             | 25 mcg (1000 IU) | 125%   |     | Selenium (as SelenoExcell® High Selenium Yeast)                           | 200 mcg | 364% |     |
| Vitamin E (as d-alpha tocopheryl succinate)                                                              | 100 mg           | 667%   |     | Manganese (as Manganese Bisglycinate Chelate®)                            | 2 mg    | 87%  |     |
| Vitamin K2 (as menaquinone-7)                                                                            | 75 mcg           | 63%    |     | Chromium (as Chromium Nicotinate Glycinate Chelate®)                      | 150 mcg | 429% |     |
| Thiamin (as thiamine hydrochloride)                                                                      | 30 mg            | 2,500% |     | Molybdenum (as Molybdenum Glycinate Chelate®)                             | 75 mcg  | 167% |     |
| Riboflavin (as riboflavin 5'-phosphate sodium)                                                           | 15 mg            | 1,154% |     | Potassium (as Potassium Glycinate Complex®)                               | 99 mg   | 2%   |     |
| Niacin (67% as inositol hexanicotinate and 33% as niacin)                                                | 75 mg            | 469%   |     | Betaine Anhydrous (trimethylglycine)                                      | 100 mg  | *    |     |
| Vitamin B6 (as pyridoxal 5'-phosphate)                                                                   | 15 mg            | 882%   |     | Shilajit Extract (Asphaltum punjabinum)(mineral extract)(50% fulvic acid) | 50 mg   | *    |     |
| Folate (50% as Quatrefolic® (5S)-5-methyltetrahydrofolate, glucosamine salt and 50% as calcium folinate) | 400 mcg DFE      | 100%   |     | Milk Thistle Extract (Silybum marianum)(seeds)(80% silymarin)             | 50 mg   | *    |     |
| Vitamin B12 (80% as methylcobalamin and 20% as adenosylcobalamin)                                        | 50 mcg           | 2,083% |     | Lutein (from marigold extract)(Tagetes erecta)(flowers)                   | 5 mg    | *    |     |
| Biotin                                                                                                   | 350 mcg          | 1,167% |     | Boron (as Bororganic Glycine®)                                            | 1 mg    | *    |     |
| Pantothenic Acid (as d-calcium pantothenate)                                                             | 75 mg            | 1,500% |     | Vanadium (as Vanadium Nicotinate Glycinate Chelate®)                      | 50 mcg  | *    |     |
| Calcium (as Calcium Bisglycinate Chelate®)                                                               | 100 mg           | 8%     |     |                                                                           |         |      |     |
| Iodine (from potassium iodide and organic Icelandic kelp (Laminaria digitata)(stem and leaf))            | 200 mcg          | 133%   |     |                                                                           |         |      |     |

\* % DV (Daily Value) Not Established.

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

Kids Optimal Multivitamin Meets or Exceeds cGMP Quality Standards.

REV. 082317 ZCL-SKGHEALTH-020-02

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