

Directions: Take 1 capsule twice a day with meals or as directed by your healthcare professional.

Caution: Do not use if the tamper evident seal is broken or missing. Keep out of reach of children.

†These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Warning: Consult your physician or healthcare provider if you are pregnant or lactating.

Storage: Keep tightly closed in a cool, dry place.
Quality and Potency Guaranteed.

OPTIYOUTM RX



MULTIVITAMIN

Supports Total
Body Health†

60 Vegetarian Capsules
Dietary Supplement

Supplement Facts

Serving Size: 2 capsules

Servings per container: 30

Amount per serving	%DV
Vitamin A (as Palmitate)	637.5 mcg 71%
Vitamin C (as Organic Camu Camu Berry and Ascorbic Acid)	60 mg 67%
Vitamin D (as cholecalciferol)	10 mcg 50%
Vitamin E (as d-alpha tocopheryl succinate and Natural Tocopheryls)	26 mg 173%
Thiamin (as Thiamin Mononitrate)	0.4 mg 33%
Riboflavin (as Riboflavin-5-phosphate)	2 mg 154%
Niacin (as Niacinamide)	4 mg 25%
Vitamin B6 (as Pyridoxal-5-Phosphate)	6 mg 353%
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	500 mcg DFE 125%
Vitamin B12 (as Methylcobalamin)	100 mcg 4167%
Biotin	75 mcg 250%
Pantothenic acid (as Calcium Pantothenate)	20 mg 400%
Calcium (as Microcrystalline Calcium Hydroxyapatite)	55 mg 4%
Magnesium (as Magnesium Glycinate)	50 mg 12%
Zinc (as Zinc Glycinate)	5 mg 45%
Selenium (as Selenium Glycinate)	50 mcg 91%
Manganese (as Manganese Glycinate)	1.02 mg 44%
Chromium (as Chromium Picolinate)	100 mcg 286%
Molybdenum (as Molybdenum Glycinate)	3 mcg 7%
Benfotiamine	3 mg †

*Daily Value (DV) not established.

Other Ingredients: Cellulose (vegetable capsule), Microcrystalline Cellulose.

® Quatrefolic is a registered trademark of Gnosis S.p.A. U.S. Patent No. 7,947,662

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