

Suggested Use:

As a dietary supplement, 2 to 6 tablets daily with meals, or as directed by a healthcare professional.

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.

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® 800-223-1601
www.optimox.com

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Rev. 005



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 6 Tablets
Servings per Container 30

Amount Per 6 Tablets	% Daily Value*
Vitamin A (as 5000 IU of Retinyl Palmitate and 7500 IU of Beta-Carotene)	6000 mcgRAE 667%
Vitamin C (as Ascorbic Acid)	1.5 g 1667%
Vitamin D3 (as 100 IU of Cholecalciferol)	2.5 mcg 13%
Vitamin E (as 100 IU of d-Alpha Tocopherol Succinate)	67 mg 447%
Thiamin (as Thiamine Mononitrate)	25 mg 2083%
Riboflavin	25 mg 1923%
Niacin (as Niacinamide)	25 mgNE 156%
Vitamin B6 (as Pyridoxine HCl)	300 mg 17647%
Folate (as 200 mcg of Folic Acid)	200 mcgDFE 50%
Vitamin B12 (as Hydroxocobalamin)	60 mcg 2500%
Biotin	60 mcg 200%
Pantothenic Acid (as Calcium Pantothenate)	25 mg 500%
Calcium (as Amino Acid Chelate)	125 mg 10%
Iron (as Amino Acid Chelate)	15 mg 83%
Iodine (as Hydrolyzed Protein Complex)	75 mcg 50%
Magnesium (as Amino Acid Chelate)	250 mg 60%
Zinc (as Amino Acid Chelate)	25 mg 227%
Selenium (as Hydrolyzed Protein Complex)	100 mcg 182%
Copper (as Amino Acid Chelate)	0.5 mg 56%
Manganese (as Amino Acid Chelate)	10 mg 435%
Chromium (as Hydrolyzed Protein Complex)	100 mcg 286%
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.