

SUGGESTED USE: Take 1 capsule daily with breakfast or lunch, or use as directed by your healthcare professional. Capsules may be opened and nutrients taken separately by mixing with food or drink. 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 of children.

Multivitamin One supports healthy methylation and overall wellness in a single-capsule serving.[†]

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

Multivitamin One Meets or Exceeds cGMP Quality Standards.

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


MECOBALACTIVE[®] is a registered trademark of HealthTech BioActives SLU d.b.a. Ferrer HealthTech.

[§]TRAACS[™] and Albion[™] are trademarks of Albion Laboratories, Inc.

SelenoExcell[®] is a registered trademark of Cypress Systems, Inc.

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

OPMULTIO-45-CAPS
REV. 032421

 This package is completely recyclable



T A R G E T E D S U P P O R T [®]



SeekingHealth[®]

Multivitamin One

Dietary Supplement

45 VEGETARIAN CAPSULES

S u p p l e m e n t F a c t s

Serving Size: 1 Capsule
Servings Per Container: 45

	Amount Per Serving	%DV		Amount Per Serving	%DV
Vitamin A (as beta-carotene and retinyl palmitate)	750 mcg RAE	83%	Zinc (as Zinc Bisglycinate Chelate [§])	10 mg	91%
Vitamin D3 (cholecalciferol)	25 mcg (1,000 IU)	125%	Selenium (as SelenoExcell [®] High Selenium Yeast)	75 mcg	136%
Vitamin E (as d-alpha tocopheryl succinate)	50 mg	333%	Manganese (as Manganese Bisglycinate Chelate [§])	1 mg	43%
Thiamin (as thiamine hydrochloride)	25 mg	2,083%	Chromium (as Chromium Nicotinate Glycinate Chelate [§])	200 mcg	571%
Riboflavin (as riboflavin 5'-phosphate sodium)	5 mg	385%	Molybdenum (as Molybdenum Glycinate Chelate [§])	75 mcg	167%
Niacin	20 mg NE	125%	Inositol	50 mg	*
Vitamin B6 (as pyridoxal 5'-phosphate)	20 mg	1,176%	SOD (Superoxide Dismutase) [from Melon (<i>cucumis melo</i>) Extract]	100 IU	*
Folate [as Quatrefolic [®] (6S)-5-methyltetrahydrofolate, glucosamine salt and calcium folinate]	680 mcg DFE (400 mcg)	170%	Mixed Tocopherols	5 mg	*
Vitamin B12 (as MECOBALACTIVE [®] methylcobalamin and adenosylcobalamin)	26 mcg	1,083%	Lutein [from marigold extract (<i>Tagetes erecta</i>)(flowers)]	3 mg	*
Biotin	500 mcg	1,667%	Boron (as Bororganic Glycine [§])	1 mg	*
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1,000%	PQQ (as Pyrroloquinoline Quinone Disodium Salt)	1 mg	*
Choline (as choline bitartrate)	50 mg	9%	Vitamin K2 (as menaquinone-7)	100 mcg	*
Iodine (as potassium iodide)	100 mcg	67%			

*Daily Value (DV) not established.

Other Ingredients: Vegetarian capsule (hypromellose and water), microcrystalline cellulose, ascorbyl palmitate, and silica.

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MANUFACTURED IN THE USA
 FROM GLOBALLY SOURCED INGREDIENTS
 THIRD-PARTY INDEPENDENTLY TESTED

