

SUGGESTED USE: Take 4 capsules daily, with a meal, in divided doses, or use 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.

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

Optimal Man supports healthy fertility, vision, focus, balanced mood, and overall micronutrient levels. Men need additional support for healthy testosterone levels, which is necessary for healthy sperm.[†]

TIP: Enhance Optimal Man with Seeking Health's Optimal Electrolyte and Optimal DHA.

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

Optimal Man 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.

LifePQQ™ is a trademark of Nutraland USA, Inc.

†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.

OPMAN-120-CAPS
REV. 032921

 This package is completely recyclable



T A R G E T E D S U P P O R T ®



SeekingHealth®

Optimal Man

Dietary Supplement

120 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV		Amount Per Serving	%DV
Vitamin A (as beta-carotene and retinyl palmitate)	1,500 mcg RAE	167%	Manganese (as Manganese Bisglycinate Chelate [®])	2 mg	87%
Vitamin C (as ascorbic acid)	100 mg	111%	Chromium (as chromium picolinate)	150 mcg	429%
Vitamin D3 (cholecalciferol)	25 mcg (1,000 IU)	125%	Acetyl L-Carnitine hydrochloride	250 mg	*
Vitamin E (as Novatol® d-alpha tocopheryl acid succinate)	45 mg	300%	Eurycoma longifolia Extract (<i>Eurycoma longifolia jack</i>)(root)(LongJaX®)	200 mg	*
Thiamin (as thiamine hydrochloride)	50 mg	4,167%	Betaine Anhydrous (trimethylglycine)	150 mg	*
Riboflavin (as riboflavin 5'-phosphate sodium)	5 mg	385%	Ashwagandha Extract (<i>Withania somnifera</i>)(root)	150 mg	*
Niacin	35 mg NE	219%	Maca Powder (<i>Lepidium meyenii</i>)(root)	150 mg	*
Vitamin B6 (as pyridoxal 5'-phosphate)	15 mg	882%	Ginseng Extract (<i>Panax ginseng</i>)(root)	100 mg	*
Folate [as Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt and calcium folinate]	680 mcg DFE (400 mcg)	170%	Alpha Lipoic Acid	50 mg	*
Vitamin B12 (as MECOBALACTIVE® methylcobalamin and adenosylcobalamin)	100 mcg	4,167%	Ginger (<i>Zingiber officinale</i>)(rhizome)	25 mg	*
Choline (as choline bitartrate)	150 mg	27%	LifePQQ™ (Pyrroloquinoline Quinone Disodium Salt)	10 mg	*
Iodine (as potassium iodide)	200 mcg	133%	Boron (as Bororganic Glycine [®])	5 mg	*
Magnesium (as DiMagnesium Malate [®])	150 mg	36%	Mixed Tocopherols	5 mg	*
Zinc (as Zinc Bisglycinate Chelate [®])	25 mg	227%	Lutein [from marigold extract (<i>Tagetes erecta</i>)(flowers)]	5 mg	*
Selenium (as SelenoExcell® High Selenium Yeast)	100 mcg	182%	Zeaxanthin [from marigold extract (<i>Tagetes erecta</i>)(flowers)]	5 mg	*
Copper (as Copper Bisglycinate Chelate [®])	1.5 mg	167%	Vitamin K2 (as menaquinone-7)	100 mcg	*

*Daily Value (DV) not established.

Other Ingredients: Vegetarian capsule (hypromellose and water) and ascorbyl palmitate.

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Manufactured for and Distributed by: Seeking Health, LLC
3140 Mercer Ave Bellingham, WA 98225 (800) 547-9812

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

