

SUGGESTED USE: Adults and children age 4 and over: Chew 2 tablets daily with food or use as directed by your healthcare professional. Do not take within 5 hours of bedtime as it may interfere with sleep. Consult with a healthcare professional to determine dose and suitability for children under 4 years of age.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause reproductive harm. For more information, go to www.P65Warnings.ca.gov.

For more information regarding California Proposition 65 see:

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, gluten, artificial colors, and artificial flavors.

Optimal Multivitamin Meets or Exceeds cGMP Quality Standards.

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

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T A R G E T E D S U P P O R T ®



Seeking Health®

Optimal Multivitamin

Chewable

Dietary Supplement

60 CHEWABLE TABLETS

Supplement Facts

Serving Size: 2 Chewable Tablets

Servings Per Container: 30

Amount Per Serving			%DV	Amount Per Serving			%DV
Calories	10			Iron (as Iron Glycinate [§])	5 mg		28%
Total Carbohydrate	3 g	1%†		Iodine [from potassium iodide and organic Icelandic kelp (<i>Laminaria digitata</i>)(stem and leaf)]	150 mcg		100%
Vitamin A (as beta-carotene and retinyl palmitate)	1500 mcg RAE	167%		Magnesium (as magnesium citrate)	100 mg		24%
Vitamin C (ascorbic acid)	350 mg	389%		Zinc (as Zinc Bisglycinate Chelate [§])	5 mg		45%
Vitamin D3 (cholecalciferol)	25 mcg (1000 IU)	125%		Selenium (as SelenoExcell® High Selenium Yeast)	70 mcg		127%
Vitamin E (as d-alpha tocopheryl succinate)	66 mg	440%		Copper (as copper gluconate)	0.5 mg		56%
Vitamin K2 (as menaquinone-7)	80 mcg	67%		Manganese (as Manganese Bisglycinate Chelate [§])	2 mg		87%
Thiamin (as thiamine mononitrate)	4 mg	333%		Chromium (as Chromium Nicotinate Glycinate Chelate [§])	120 mcg		343%
Riboflavin (as riboflavin and riboflavin 5'-phosphate sodium)	4 mg	308%		Molybdenum (as Molybdenum Glycinate Chelate [§])	75 mcg		167%
Niacin (as niacinamide)	25 mg	156%		Marigold extract (<i>Tagetes erecta</i>)(flowers)	77 mg		*
Vitamin B6 (as pyridoxine HCl and pyridoxal 5'-phosphate)	5 mg	294%		Mixed Tocopherols	9 mg		*
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt, and calcium folinate)	680 mcg DFE (400 mcg)	170%		Boron (as Bororganic Glycine [§])	1 mg		*
Vitamin B12 (as methylcobalamin and adenosylcobalamin)	20 mcg	833%		Vanadium (as Vanadium Nicotinate Glycinate Chelate [§])	75 mcg		*
Biotin	500 mcg	1,667%		† Percent Daily Values are based on a 2,000 calorie diet. * Daily Value (DV) not established.			
Pantothenic Acid (as d-calcium pantothenate)	25 mg	500%					
Choline (as choline bitartrate)	5 mg	1%					
Calcium (as calcium citrate malate)	100 mg	8%					

Other Ingredients: Xylitol, microcrystalline cellulose, stearic acid, natural flavors, malic acid, silica, monk fruit extract, magnesium stearate, and licorice root powder.

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This package is completely recyclable ♻️