

**SUGGESTED USE:** Take 6 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.

**CAUTIONS:** Children and pregnant or lactating women should consult their healthcare professional prior to use. Avoid if allergic to any ingredient. Do not exceed 1,500 mcg RAE intake per day of preformed vitamin A (retinol or retinyl forms). Evaluate total vitamin K intake from food and supplements if you are taking blood-thinning medications. Do not use if tamper seal is damaged.


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

**Optimal Prenatal Methyl-Free** is a comprehensive prenatal formula for pregnant, breastfeeding, or trying to become pregnant women who are sensitive to methyl-donors. This formula contains folinic acid and hydroxocobalamin, the non-methylated biologically available forms of folate and vitamin B12. These nutrients are essential during pregnancy to support healthy fetal development. Folinic acid and hydroxocobalamin work in conjunction with amino acids, chelated minerals, and other coenzyme B vitamins to support cardiovascular, neurologic, and immune health and normal cell growth. This formula is iron-free to allow for maximal versatility.†

†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.

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

Optimal Prenatal Methyl-Free Meets or Exceeds cGMP Quality Standards.

OPMF-180-CAPS REV. 100120  This package is completely recyclable



T A R G E T E D S U P P O R T ®

SeekingHealth®

# Optimal Prenatal Methyl-Free

Dietary Supplement

180 VEGETARIAN CAPSULES

## Supplement Facts

Serving Size: 6 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	115%	Manganese (as Manganese Bisglycinate Chelate <sup>§</sup> )	5 mg	192%
Vitamin C (as ascorbic acid)	350 mg	292%	Chromium (as Chromium Nicotinate Glycinate Chelate <sup>§</sup> )	120 mcg	267%
Vitamin D3 (as cholecalciferol)	50 mcg (2,000 IU)	333%	Molybdenum (as Molybdenum Glycinate Chelate <sup>§</sup> )	100 mcg	200%
Vitamin E (as Novato <sup>®</sup> d-alpha tocopheryl acid succinate)	130 mg	684%	Potassium (as Potassium Glycinate Complex <sup>§</sup> )	99 mg	2%
Thiamin (as thiamine hydrochloride)	5 mg	357%	Raspberry ( <i>Rubus idaeus</i> )(leaf)	250 mg	*
Riboflavin (as riboflavin 5'-phosphate sodium and riboflavin)	20 mg	1,250%	L-Carnosine	150 mg	*
Niacin (as niacinamide)	25 mg	139%	Ginger Extract ( <i>Zingiber officinale</i> )(rhizome)	100 mg	*
Vitamin B6 (as pyridoxal 5'-phosphate and pyridoxine hydrochloride)	20 mg	1,000%	Milk Thistle Extract ( <i>Silybum marianum</i> )(seeds)(80% silymarin)	75 mg	*
Folate (as calcium folinate)	1,360 mcg DFE (800 mcg)	227%	Coenzyme Q10 (ubidecarenone)	75 mg	*
Vitamin B12 (hydroxocobalamin and adenosylcobalamin)	150 mcg	5,357%	Taurine	50 mg	*
Biotin	500 mcg	1,429%	Mixed Tocopherols	45 mg	*
Pantothenic Acid (as d-calcium pantothenate)	150 mg	2,143%	Lutein (from marigold extract ( <i>Tagetes erecta</i> )(flowers))	5 mg	*
Calcium (as DiCalcium Malate <sup>§</sup> )	400 mg	31%	Zeaxanthin (from marigold extract ( <i>Tagetes erecta</i> )(flowers))	5 mg	*
Iodine (potassium iodide)	250 mcg	86%	Boron (as Bororganic Glycine <sup>§</sup> )	1 mg	*
Magnesium (as DiMagnesium Malate <sup>§</sup> )	250 mg	63%	Vitamin K2 (as menaquinone-7)	100 mcg	*
Zinc (as Zinc Bisglycinate Chelate <sup>§</sup> )	20 mg	154%			
Selenium (as SelenoExcell <sup>®</sup> High Selenium Yeast)	200 mcg	286%			
Copper (as Copper Bisglycinate Chelate <sup>§</sup> )	0.75 mg	58%			

**Other Ingredients:** Vegetarian capsule (hypromellose and water), ascorbyl palmitate, silica, and L-leucine.

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