

SUGGESTED USE: Take 8 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 of children.

Optimal Prenatal provides nutrients that support healthy fertility, pregnancy, and breastfeeding. As with all Seeking Health prenatal vitamins, Optimal Prenatal is free from folic acid and other inferior forms of nutrients. This formula contains bioactive, methylated forms of B vitamins and chelated minerals for optimal absorption and utilization.†

†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, gluten, GMO, artificial colors, or artificial flavors.

Optimal Prenatal Meets or Exceeds cGMP Quality Standards.

Novato® is a registered trademark of Archer-Daniels-Midland Company.
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.
DimaCal™, TRAACST™, 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.

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



T A R G E T E D S U P P O R T ®



SeekingHealth®

Optimal Prenatal



Dietary Supplement

240 VEGETARIAN CAPSULES

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

Serving Size: 8 Capsules
Servings Per Container: 30

Amount Per Serving			Amount Per Serving		
		%DV**			%DV**
Vitamin A (as beta-carotene and retinyl palmitate)	1,500 mcg RAE	115%	Copper (as Copper Bisglycinate Chelate [§])	0.75 mg	58%
Vitamin C (as ascorbic acid)	350 mg	292%	Manganese (as Manganese Bisglycinate Chelate [§])	5 mg	192%
Vitamin D (as cholecalciferol)	100 mcg (4,000 IU)	667%	Chromium (as Chromium Nicotinate Glycinate Chelate [§])	120 mcg	267%
Vitamin E (as Novato® d-alpha tocopheryl acid succinate)	130 mg	684%	Molybdenum (as Molybdenum Glycinate Chelate [§])	100 mcg	200%
Thiamin (as thiamine hydrochloride)	5 mg	357%	Potassium (as Potassium Glycinate Complex [§])	99 mg	2%
Riboflavin (as riboflavin 5'-phosphate sodium)	10 mg	625%	Betaine hydrochloride	250 mg	*
Niacin (as niacinamide)	25 mg NE	139%	Inositol	150 mg	*
Vitamin B6 (as pyridoxal 5'-phosphate and pyridoxine hydrochloride)	20 mg	1,000%	Ginger Extract (<i>Zingiber officinale</i>)(rhizome)	100 mg	*
Folate (as Quatrefolic® (5S)-5-methyltetrahydrofolate, glucosamine salt and calcium folinate)	1,360 mcg DFE (800 mcg)	227%	Milk Thistle Extract (<i>Silybum marianum</i>)(seeds)(80% silymarin)	75 mg	*
Vitamin B12 (as MECOBALACTIVE® methylcobalamin and adenosylcobalamin)	150 mcg	5,357%	Coenzyme Q10 (ubidecarenone)	50 mg	*
Biotin	500 mcg	1,429%	Taurine	50 mg	*
Pantothenic Acid (as d-calcium pantothenate)	150 mg	2,143%	Mixed Tocopherols	45 mg	*
Choline (as choline bitartrate)	250 mg	45%	LifePQQ™ (pyrroloquinoline quinone disodium salt)	10 mg	*
Calcium (as DiCalcium Malate [§])	400 mg	31%	Lutein [from marigold extract (<i>Tagetes erecta</i>)(flower)]	5 mg	*
Iodine (as potassium iodide)	250 mcg	86%	Zeaxanthin [from marigold extract (<i>Tagetes erecta</i>)(flower)]	5 mg	*
Magnesium (as DiMagnesium Malate [§])	250 mg	63%	Boron (as Bororganic Glycine [§])	1 mg	*
Zinc (as Zinc Bisglycinate Chelate [§])	20 mg	154%	Vitamin K2 (as menaquinone-7)	100 mcg	*
Selenium (as SelenoExcell® High Selenium Yeast)	200 mcg	286%	**%Daily Value (DV) for pregnant/lactating women.		
			*Daily Value not established.		

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

Manufactured for and Distributed by:
Seeking Health, LLC
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