

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 MF supports overall wellness by providing methyl-free forms of vitamin B12 and folate, 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 MF Meets or Exceeds cGMP Quality Standards.

[†]TRAACSTM and AlbionTM 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.

OPMULTIM-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 MF

Methyl-Free

Dietary Supplement

45 VEGETARIAN CAPSULES

Supplement Facts

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%	SOD (Superoxide Dismutase) [from Melon (<i>cucumis melo</i>) Extract]	100 IU	*
Vitamin B6 (as pyridoxal 5'-phosphate)	20 mg	1,176%	Mixed Tocopherols	3 mg	*
Folate (calcium folinate)	680 mcg DFE (400 mcg)	170%	Lutein [from marigold extract (<i>Tagetes erecta</i>)(flowers)]	3 mg	*
Vitamin B12 (as hydroxocobalamin and adenosylcobalamin)	25 mcg	1,042%	Boron (as Bororganic Glycine [§])	1 mg	*
Biotin	500 mcg	1,667%	PQQ (as Pyrroloquinoline Quinone Disodium Salt)	1 mg	*
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1,000%	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.

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

