

SUGGESTED USE: Take 4 capsules once 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.

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 by children. In case of accidental overdose, call a doctor or poison control center immediately.

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

Multivitamin with Iron supports overall wellness and optimal iron levels for those who need a potent serving of iron.[†]

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

Multivitamin with Iron Meets or Exceeds cGMP Quality Standards.

[†]DimaCal™, Ferrochel™, TRAACS™, and Albion™ are trademarks of Albion Laboratories, Inc.

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.

SelenoExcell® is a registered trademark of Cypress Systems, 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.

Manufactured for and Distributed by: Seeking Health, LLC
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T A R G E T E D S U P P O R T ®



SeekingHealth®

Multivitamin with Iron

45 mg Iron

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 retinyl palmitate and beta-carotene)	1,125 mcg RAE	125%	Magnesium (as Magnesium Bisglycinate Chelate [®])	100 mg	24%
Vitamin C (as ascorbic acid)	100 mg	111%	Zinc (as Zinc Bisglycinate Chelate [®])	15 mg	136%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%	Selenium (as SelenoExcell [®] High Selenium Yeast)	75 mcg	136%
Vitamin E (as d-alpha tocopheryl acid succinate)	60 mg	400%	Copper (as Copper Bisglycinate Chelate [®])	2 mg	222%
Thiamin (as thiamine hydrochloride)	10 mg	833%	Manganese (as Manganese Bisglycinate Chelate [®])	2 mg	87%
Riboflavin (as riboflavin 5'-phosphate sodium)	5 mg	385%	Chromium (as Chromium Nicotinate Glycinate Chelate [®])	150 mcg	429%
Niacin (as niacinamide and niacin)	40 mg NE	250%	Molybdenum (as Molybdenum Glycinate Chelate [®])	75 mcg	167%
Vitamin B6 (as pyridoxal 5'-phosphate)	5 mg	294%	Inositol	25 mg	*
Folate [as Quatrefolic [®] (6S)-5-methyltetrahydrofolate, glucosamine salt, and calcium folinate]	1,360 mcg DFE (800 mcg)	340%	Mixed Tocopherols	7 mg	*
Vitamin B12 (as MECOBALACTIVE [®] methylcobalamin and adenosylcobalamin)	200 mcg	8,333%	Benfotiamine	4 mg	*
Biotin	500 mcg	1,667%	Lutein [from marigold extract (<i>Tagetes erecta</i>)(flower)]	3 mg	*
Pantothenic Acid (as d-calcium pantothenate)	25 mg	500%	PQQ (as Pyrroloquinoline Quinone Disodium Salt)	3 mg	*
Choline (as choline bitartrate)	20 mg	4%	Boron (as Bororganic Glycine [®])	2 mg	*
Calcium (as DimaCal [™] calcium malate [®])	100 mg	8%	Zeaxanthin [from marigold extract (<i>Tagetes erecta</i>)(flower)]	1 mg	*
Iron (as Ferrochel [™] Ferrous Bisglycinate Chelate [®])	45 mg	250%	Vitamin K2 (as menaquinone-7)	100 mcg	*
Iodine (as potassium iodide)	150 mcg	100%	*Daily Value (DV) not established.		

Other Ingredients: Vegetarian capsule (hypromellose and water).

OPMULTI-120-CAPS REV. 012622

♻️ This package is completely recyclable

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

