

SUGGESTED USE: As a dietary supplement, adults take 8 vegetarian capsules daily with food, or as directed by your healthcare professional. Do not take within 5 hours of bedtime as it may interfere with sleep.

WARNING: Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use. Discontinue immediately if a burning sensation occurs. Not recommended for people with ulcers. Consult a health professional prior to use if you are taking blood thinners. Take with food. If you have liver problems, consult your health professional before use.

WARNING: This product contains lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov/food.

For more information regarding California Proposition 65 see: www.seekinghealth.com/media/Prop65.pdf

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

Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

OptiZinc® is a trademark of Lonza.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.
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Manufactured for and Distributed by:
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Bellingham, WA 98225
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T A R G E T E D S U P P O R T ®



Seeking Health® Optimal Multivitamin

Complete Multivitamin/Multimineral with

- Fruit, Vegetables & Greens
- L-5-MTHF
- Bioflavonoids
- Amino Acids
- Enzymes

Dietary Supplement

240 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 8 Vegetarian Capsules • Servings Per Container 30

	Amount Per Serving	%DV		Amount Per Serving	%DV
Vitamin A (as 67% natural beta-carotene and 33% Vitamin A palmitate)	2,250 mcg	250%	Lemon Bioflavonoids	50 mg	*
Vitamin C (as ascorbic acid)	500 mg	556%	Papain (from <i>Carica papaya</i> , fruit)	50 mg	*
Vitamin D ₃ (as cholecalciferol)	12.5 mcg (500 IU)	63%	Bromelain (from <i>Anana comosus</i> , pineapple stem)	25 mg	*
Vitamin E (as natural d-alpha tocopheryl succinate plus mixed tocopherols)	67 mg	447%	Grape Seed Extract (standardized to 95% polyphenols)	25 mg	*
Thiamine (as thiamine HCl)	50 mg	4,167%	Alpha Lipoic Acid	12.5 mg	*
Riboflavin (as riboflavin/riboflavin-5-phosphate)	25 mg	1,923%	Rutin (from <i>Sophora japonica</i> , flower)	1.5 mg	*
Niacin/Niacinamide	95 mg	594%	Boron (as boron glycinate)	25 mcg	*
Vitamin B ₆ (as pyridoxine HCl/pyridoxal-5-phosphate)	50 mg	2,941%	Vanadium (as vanadium krebs**)	22.5 mcg	*
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%	Vitamin K ₂ (as menaquinone-7)	350 mcg	*
Vitamin B ₁₂ (as methylcobalamin/adenosylcobalamin/hydroxocobalamin)	250 mcg	10,417%	Proprietary Organic Fruit and Vegetable Blend		
Biotin	150 mcg	500%	Organic Beet Powder (root), Organic Carrot Powder (root), Organic Black Currant powder (fruit), Organic Blueberry Powder (fruit), Organic Broccoli Powder (whole plant), Organic Concord Grape Powder (fruit), Organic Collard Greens Powder (leaf), Organic Pomegranate Powder (fruit), Organic Green Cabbage Powder (whole plant), Organic Cranberry Powder (fruit), Organic Kale Powder (whole plant), Organic Parsley Powder (whole plant), Organic Raspberry Powder (fruit), Organic Spinach Powder (whole plant)		
Pantothenic Acid (as d-calcium panthothenate)	50 mg	1,000%	Organic Phytonutrient Blend		
Choline (from choline bitartrate)	137.5 mg	25%	Organic Spirulina (whole plant)	50 mg	*
Calcium (as calcium citrate/malate/chelate complex)	210 mg	16%	Organic Chlorella (whole plant, broken cell wall)	50 mg	*
Iodine (from kelp)	100 mcg	67%	Organic Green Tea Leaf Extract (standardized to 50% polyphenols, 20% EGCG)	25 mg	*
Magnesium (as magnesium citrate/chelate complex)	210 mg	50%	Carotenoids		
Zinc (as OptiZinc®, monomethionine)	12.5 mg	114%	Lutein (from marigold [<i>Tagetes erecta</i>] flower extract)	5 mg	*
Selenium (as selenomethionine)	100 mcg	182%	Lycopene (from tomatoes)	3 mg	*
Copper (as copper chelate)	1 mg	111%	Zeaxanthin Isomers (from marigold [<i>Tagetes erecta</i>] flower extract)	1 mg	*
Manganese (as manganese sulfate)	4.5 mg	196%			
Chromium (as chromium polynicotinate)	100 mcg	286%			
Molybdenum (as molybdenum krebs**)	50 mcg	111%			
Potassium (as potassium chloride)	50 mg	1%			
N-Acetyl-L-Cysteine	75 mg	*			
Betaine HCl	75 mg	*			
Inositol	50 mg	*			
Quercetin (as dihydrate)	50 mg	*			

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, hydroxypropyl cellulose, ascorbyl palmitate and silica

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.
**Metafolin® is 6S-5-methyltetrahydrofolate, calcium salt.

Gluten-free, Non-GMO