

**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. Do not use if tamper seal is damaged.

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

**Optimal Multivitamin Plus** is a comprehensive blend designed to support healthy cognition, detoxification, and overall wellness. In addition to the methylated B vitamins, chelated minerals, fruit and vegetable extracts, and amino acids, this formula is comprised of proprietary blends for healthy cognition, liver, and vision support.<sup>†</sup>

<sup>†</sup>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 Multivitamin Plus** Meets or Exceeds cGMP Quality Standards.

Novato<sup>®</sup> is a registered trademark of Archer-Daniels-Midland Company.

Quatrefolic<sup>®</sup> is a registered trademark of Gnosis S.p.A. Produced under US patent 7,947,662.

MECOBALACTIVE<sup>®</sup> is a registered trademark of HealthTech BioActives SLU d.b.a. Ferrer HealthTech.

<sup>®</sup>DimaCal<sup>™</sup>, TRAACS<sup>™</sup>, and Albion<sup>™</sup> are trademarks of Albion Laboratories, Inc.

SelenoExcell<sup>®</sup> is a registered trademark of Cypress Systems, Inc.

KSM-66<sup>®</sup> is a registered trademark of Ixoreal Biomed Inc.

T A R G E T E D   S U P P O R T   ®



SeekingHealth<sup>®</sup>

# Optimal Multivitamin Plus

with Cognition, Liver, and Vision Support Blends<sup>†</sup>

Dietary Supplement

240 VEGETARIAN CAPSULES



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

# 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    | %DV    |
|--------------------------------------------------------------------------------------------------------------|-----------------------|--------|
| Vitamin A (as beta-carotene and retinyl palmitate)                                                           | 1,500 mcg RAE         | 167%   |
| Vitamin C (as ascorbic acid)                                                                                 | 250 mg                | 278%   |
| Vitamin D (as cholecalciferol)                                                                               | 5 mcg (200 IU)        | 25%    |
| Vitamin E (as Novato <sup>®</sup> d-alpha tocopheryl acid succinate)                                         | 134 mg                | 893%   |
| Thiamin (as thiamine hydrochloride)                                                                          | 10 mg                 | 833%   |
| Riboflavin (as riboflavin 5'-phosphate sodium)                                                               | 20 mg                 | 1,538% |
| Niacin (as nicotinic acid)                                                                                   | 50 mg                 | 313%   |
| Vitamin B6 (as pyridoxal 5'-phosphate)                                                                       | 25 mg                 | 1,471% |
| Folate<br>[as Quatrefolic <sup>®</sup> (6S)-5-methyltetrahydrofolate glucosamine salt, and calcium folinate] | 680 mcg DFE (400 mcg) | 170%   |
| Vitamin B12<br>(as MECOBALACTIVE <sup>®</sup> methylcobalamin and adenosylcobalamin)                         | 150 mcg               | 6,250% |
| Biotin                                                                                                       | 500 mcg               | 1,667% |
| Pantothenic Acid (as d-calcium pantothenate)                                                                 | 200 mg                | 4,000% |
| Choline (as choline bitartrate)                                                                              | 25 mg                 | 5%     |
| Calcium (as DiCalcium Malate <sup>®</sup> )                                                                  | 100 mg                | 8%     |
| Iodine (as potassium iodide)                                                                                 | 250 mcg               | 167%   |
| Magnesium (as DiMagnesium Malate <sup>®</sup> )                                                              | 200 mg                | 48%    |
| Zinc (as Zinc Bisglycinate Chelate <sup>®</sup> )                                                            | 20 mg                 | 182%   |
| Selenium (as SelenoExcell <sup>®</sup> High Selenium Yeast)                                                  | 200 mcg               | 364%   |
| Copper (as Copper Bisglycinate Chelate <sup>®</sup> )                                                        | 1 mg                  | 111%   |
| Manganese (as Manganese Bisglycinate Chelate <sup>®</sup> )                                                  | 4 mg                  | 174%   |
| Chromium (as Chromium Nicotinate Glycinate Chelate <sup>®</sup> )                                            | 200 mcg               | 571%   |
| Molybdenum (as Molybdenum Glycinate Chelate <sup>®</sup> )                                                   | 150 mcg               | 333%   |
| Potassium (as Potassium Glycinate Complex <sup>®</sup> )                                                     | 99 mg                 | 2%     |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Amount Per Serving | %DV |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----|
| <b>Proprietary Cognition Blend<sup>†</sup>:</b><br>KSM-66 <sup>®</sup> Ashwagandha Extract ( <i>Withania somnifera</i> )(root)(5% total withanolides), Gotu Kola Extract ( <i>Centella asiatica</i> )(leaf), Siberian Ginseng Extract ( <i>Eleutherococcus senticosus</i> )(root)(0.76% eleutheroside), <i>Bacopa monnieri</i> Extract (whole plant)(45% bacosides), Ginkgo Extract ( <i>Ginkgo biloba</i> )(leaves)(24% flavone glycosides and 6% terpene lactones) | 500 mg             | *   |
| <b>Proprietary Amino Acid Blend:</b><br>N-Acetyl-L-Cysteine, Betaine hydrochloride                                                                                                                                                                                                                                                                                                                                                                                   | 350 mg             | *   |
| <b>Proprietary Fruit and Vegetable Blend:</b><br>Garlic Extract ( <i>Allium sativum</i> )(bulb), Spirulina ( <i>Arthrospira platensis</i> )(whole plants), Chlorella ( <i>Chlorella vulgaris</i> )(whole plant), Citrus Fiber                                                                                                                                                                                                                                        | 250 mg             | *   |
| <b>Proprietary Liver Support Blend<sup>†</sup>:</b><br>Milk Thistle Extract ( <i>Silybum marianum</i> )(seeds)(80% silymarin), Turmeric Extract ( <i>Curcuma longa</i> )(rhizome)(93% curcuminoids), Glucoraphanin [from broccoli extract ( <i>Brassica oleracea italica</i> )(seed)], Black Pepper Extract ( <i>Piper nigrum</i> )(fruit)(BioPerine <sup>®</sup> )                                                                                                  | 203 mg             | *   |
| <b>Proprietary Vision Support Blend<sup>†</sup>:</b><br>Bilberry Extract ( <i>Vaccinium myrtillus</i> )(fruit)(25% anthocyanins), Lutein [from marigold extract ( <i>Tagetes erecta</i> )(flowers)], Lycopene [from tomato ( <i>Lycopersicon esculentum</i> )], Zeaxanthin [from marigold extract ( <i>Tagetes erecta</i> )(flowers)]                                                                                                                                | 112 mg             | *   |
| <b>Proprietary Antioxidant Blend<sup>†</sup>:</b><br>Coenzyme Q10 (as ubiquinone), Pine Bark Extract ( <i>Pinus spp.</i> )(bark)(95% oligomeric proanthocyanidins), Melon Extract ( <i>Cucumis melo</i> )(pulp)(100 IU SOD)                                                                                                                                                                                                                                          | 107 mg             | *   |
| <b>Proprietary Blend of Minerals, Nutrients, and Trace Elements:</b><br>Inositol ( <i>myo</i> -Inositol), PABA ( <i>para</i> -Aminobenzoic Acid), Boron (as Bororganic Glycine <sup>®</sup> ), Vanadium (as Vanadium Nicotinate Glycinate Chelate <sup>®</sup> )                                                                                                                                                                                                     | 100 mg             | *   |
| Benfotiamine                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 10 mg              | *   |
| Mixed Tocopherols                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 2.88 mg            | *   |
| Horsetail ( <i>Equisetum arvense</i> )(aerial parts)                                                                                                                                                                                                                                                                                                                                                                                                                 | 100 mcg            | *   |
| Vitamin K2 (as menaquinone-7)                                                                                                                                                                                                                                                                                                                                                                                                                                        | 50 mcg             | *   |

\*Daily Value (DV) not established.

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

**Manufactured for and Distributed by:** Seeking Health, LLC  
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