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.

*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.

Novatol® is a registered trademark of Archer-Daniels -Midland

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™, TRAACS™, and Albion™ are trademarks of Albion Laboratories, Inc.

SelenoExcell® is a registered trademark of Cypress Systems, Inc. KSM-66® is a registered trademark of Ixoreal Biomed Inc.

FROM GLOBALLY SOURCED INGREDIENTS THIRD-PARTY INDEPENDENTLY TESTED



TARGETED



SeekingHealth®

Optimal Multivitamin Plus

with Cognition, Liver, and Vision Support Blends[†]

Dietary Supplement

240 VEGETARIAN CAPSULES

Serving Size: 8 Capsules

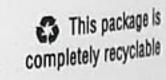
Servings Per Container: 30			
	Amount Per Serving	%DV	Amount
Vitamin A (as beta-carotene and retinyl palmitate)	1,500 mcg RAE	167%	Proprietary Cognition Blend*: KSM-66® Ashwagandha Extract (Withania somnifera)(root)(5% total withanolides), Gotu Kola Extract (Centella asiatica)(leaf), Siberian Ginseng Extract (Eleutherococcus senticosus)(root)(0.76% eleutheroside), Bacopa monnieri Extract (whole plant)(45% bacosides), Ginkgo Extract (Ginkgo biloba)(leaves)(24% flavone glycosides and 6% terpene lactones) Proprietary Amino Acid Blend:
Vitamin C (as ascorbic acid)	250 mg	278%	
Vitamin D (as cholecalciferol)	5 mcg (200 IU)	25%	
Vitamin E (as Novatol® 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%	N-Acetyl-L-Cysteine, Betaine hydrochloride
Niacin (as nicotinic acid)	50 mg	313%	Black Pepper Extract (<i>Piper nigrum</i>)(fruit)(BioPerine®)
Vitamin B6 (as pyridoxal 5'-phosphate)	25 mg	1,471%	
Folate [as Quatrefolic® (6S)-5-methyltetrahydrofolate glucosamine salt, and calcium folinate]	680 mcg DFE (400 mcg)	170%	
Vitamin B12 (as MECOBALACTIVE® methylcobalamin and adenosylcobalamin)	150 mcg	6,250%	
Biotin	500 mcg	1,667%	Proprietary Vision Support Blend*: Bilberry Extract (Vaccinium myrtillus)(fruit)(25% anthocyanins), Luteir [from marigold extract (Tagetes erecta)(flowers]), Lycopene [from tomato (Lycopersicon esculentum)], Zeaxanthin [from marigold extract (Tagetes erecta)(flowers)] Proprietary Antioxidant Blend*: Coenzyme Q10 (as ubidecarenone), Pine Bark Extract (Pinus spp.)(bark)(95% oligomeric proanthocyanidins), Melon Extract (Cucumis melo)(pulp)(100 IU S0D)
Pantothenic Acid (as d-calcium pantothenate)	200 mg	4,000%	
Choline (as choline bitartrate)	25 mg	5%	
Calcium (as DiCalcium Malate [§])	100 mg	8%	
lodine (as potassium iodide)	250 mcg	167%	
Magnesium (as DiMagnesium Malate§)	200 mg	48%	
Zinc (as Zinc Bisglycinate Chelate§)	20 mg	182%	Inositol (myo-Inositol), PABA (para-Aminobenzoic Acid), Boron (as Bororganic Glycine [§]), Vanadium (as Vanadium Nicotinate Glycinate Chelate [§] Benfotiamine Mixed Tocopherols Horsetail (Equisetum arvense) (aerial parts)
Selenium (as SelenoExcell® High Selenium Yeast)	200 mcg	364%	
Copper (as Copper Bisglycinate Chelates)	1 mg	111%	
Manganese (as Manganese Bisglycinate Chelate§)	4 mg	174%	
Chromium (as Chromium Nicotinate Glycinate Chelate§)	200 mcg	571%	
Molybdenum (as Molybdenum Glycinate Chelate§)	150 mcg		Vitamin K2 (as menaquinone-7)
Potassium (as Potassium Glycinate Complex ⁶)	99 mg	2%	*Daily Value (DV) not established.
Other Inner die 1 M	and water) microcrystall	ine celluios	and ascorbyl nalmitate

Other Ingredients: Vegetarian capsule (hypromellose and water), microcrystallille con

Manufactured for and Distributed by: Seeking Health, LLC 3140 Mercer Ave Bellingham, WA 98225 (800) 547-9812

OPMULTIP-240-CAPS REV. 112621





nt Per Serving %D\

500 mg

350 mg

250 mg *

203 mg

112 mg

107 mg

100 mg

10 mg

2.88 mg

100 mcg

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