

SUGGESTED USE: 2-6 Tablets/day as part of the dietary program described in the brochure inside bottle, or as directed by a physician.

WARNING:

1. Do not use if outer seal is broken.
2. If pregnant or lactating, consult physician before use.
3. Do not exceed 6 tablets a day.
4. If taking any prescription drug, consult physician before use.
5. Do not use for pernicious anemia, or if you have hemochromatosis or hemosiderosis.
6. Read brochure inside bottle before use.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Store in a cool, dry place.

Manufactured for
Optimox Corporation
Torrance, CA 90510-3378



Optivite®

P.M.T.

Dietary Supplement

For use as a part of a total dietary program to provide proper nutrition for women with Premenstrual Tension

180 Tablets

Supplement Facts

Serving Size 6 Tablets
Servings per Container 30

Amount per 6 Tablets	% DV
Vitamin A (as retinyl palmitate and 60% as beta-carotene)	12,500 IU 250%
Vitamin C	1500 mg 2500%
Vitamin D (as cholecalciferol)	100 IU 25%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU 333%
Thiamin (as thiamine mononitrate)	25 mg 1666%
Riboflavin	25 mg 1471%
Niacin (as niacinamide)	25 mg 125%
Vitamin B6 (as pyridoxine HCl)	300 mg 15000%
Folic Acid	200 mcg 50%
Vitamin B12 (as hydroxocobalamin)	60 mcg 1000%
Biotin	60 mcg 20%
Pantothenic Acid (from Ca Pantothenate)	25 mg 250%
Iron (as amino acid chelate)	15 mg 83%
Iodine (as hydrolyzed protein complex)	75 mcg 50%
Calcium (as amino acid chelate)	125 mg 12.5%
Magnesium (as amino acid chelate)	250 mg 63%
Zinc (as amino acid chelate)	25 mg 167%
Selenium (as hydrolyzed protein complex)	100 mcg 143%
Copper (as amino acid chelate)	0.5mg 25%
Manganese (as amino acid chelate)	10 mg 500%
Chromium (as hydrolyzed protein complex)	100 mcg 83%
Choline (from choline bitartrate)	313 mg •
Citrus Bioflavonoids	250 mg •
Betaine HCl	100 mg •
Pancreatin 4X	93 mg •
Inositol	24 mg •
p-Aminobenzoic Acid (PABA)	25 mg •
Rutin	25 mg •

*Daily Value (DV) not established

Other Ingredients: Stearic acid, carnauba wax, hydroxypropyl methylcellulose, silica, magnesium stearate, pharmaceutical glaze, titanium dioxide, and natural flavors.