

PHYSICIAN FORMULATED



SeekingHealth

Optimal Multivitamin

Complete Multivitamin/Multimineral with

- Organic Fruit & Vegetables
- Greens
- Bioflavonoids
- Amino Acids
- Enzymes

Dietary Supplement

240 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 8 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (33% as Vitamin A Palmitate [2,500 IU]/67% [5,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids†† 7,500 IU	150%
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate/Calcium and Magnesium Ascorbate complex).....700 mg	1,167%
Vitamin D-3..... 500 IU	125%
Vitamin E (natural, as d-alpha tocopheryl plus mixed tocopherols)..... 200 IU	667%
Thiamine.....50 mg	3,333%
Riboflavin.....25 mg	1,147%
Niacin/Niacinamide.....95 mg	475%
Vitamin B-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex).....50 mg	2,500%
Folate (as L-methylfolate, Metafolin®).....400 mcg	100%
Vitamin B-12 (methylcobalamin).....125 mcg	2,083%
Biotin.....150 mcg	50%
Pantothenic Acid (as d-Calcium Pantothenate).....250 mg	2,500%
Calcium (as Calcium Citrate/Ascorbate Complex).....250 mg	25%
Iodine (from Kelp).....100 mcg	67%
Magnesium (as Magnesium Aspartate/Ascorbate Complex).....250 mg	63%
Zinc (as Zinc Amino Acid Chelate).....12.5 mg	83%
Selenium (as Selenium Krebs†/Kelp complex).....100 mcg	143%
Copper (as Copper Amino Acid Chelate).....1 mg	50%
Manganese (as Manganese Aspartate Complex).....5 mg	250%
Chromium (Organically bound with GTF activity—low allergenicity).....100 mcg	83%
Molybdenum (as Molybdenum Krebs†).....50 mcg	67%
Potassium (as Potassium Aspartate Complex).....50 mg	1%
Lutein (natural).....3 mg	*
Lycopene (natural).....3 mg	*
Zeaxanthin.....0.5 mg	*
Other Minerals, Nutrients and Trace Elements	
Inositol.....50 mg	*
Trace Elements (from Sea Vegetation)..... approx. 50 mcg	*
Choline (from 75 mg Choline Citrate/Bitartrate).....30 mg	*
PABA (para-aminobenzoic acid).....25 mg	*

Other ingredients: Cellulose and silica.

Amount Per Serving	%DV
Boron (as Boron Aspartate/Citrate complex).....0.75 mg	*
Vanadium (as Vanadium Krebs†).....25 mcg	*
Amino Acids and Enzymes	
L-Cysteine/N-Acetyl L-Cysteine.....75 mg	*
Betaine (from 75 mg Betaine HCl).....57 mg	*
Bromelain (2,000 GDU/g).....25 mg	*
Glutamic Acid (from 13 mg Glutamic Acid HCl).....10 mg	*
L-Methionine.....6 mg	*
Bioflavonoids and Proanthocyanidins	
Rose Hips.....50 mg	*
Lemon Bioflavonoids.....50 mg	*
Red Wine Proanthocyanidins/Pine Bark Extract.....25 mg	*
(OPC 85) (J.Mesqueler U.S. Patent No. 4,698,360)	
Hesperidin.....18 mg	*
Rutin.....12.5 mg	*
Vegetables Fruits and Herbs	
Proprietary Organic Fruit and Vegetable Blend 350 mg	*
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 green cabbage powder (whole plant), Organic collard greens powder (leaf), Organic mountain cranberry powder (fruit), Organic kale powder (whole plant), Organic Parsley powder (whole plant), Organic pomegranate powder (fruit), Organic raspberry powder (fruit), Organic spinach powder (whole plant), Garlic (bulb, Pure-Gar®, odorless)..... 50 mg	*
Cauliflower (entire plant)..... 50 mg	*
Spirulina..... 50 mg	*
Chlorella (broken cell wall)..... 50 mg	*
Green Papaya Extract (fruit)..... 50 mg	*
Blackberry (fruit)..... 40 mg	*
Celery powder (leaf)..... 35 mg	*
Black radish powder (root)..... 35 mg	*
Apricot powder (fruit)..... 35 mg	*
Green Tea Extract (leaf)..... 25 mg	*
Apple Pectin (fruit)..... 25 mg	*

*Daily Value not established.

Manufactured for: Seeking Health
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(360)306-8374 • www.SeekingHealth.com

Free of the following common allergens:
yeast, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 4 capsules with breakfast and 4 capsules at lunch or as recommended by a health professional. Do not take within 5 hours of sleep.

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

†† Including Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin and additional Lutein and Lycopene.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

For optimal storage conditions, store in a cool, dry place. Tamper resistant package, do not use if outer seal is broken or missing. **KEEP OUT OF REACH OF CHILDREN.**

Manufactured in a GMP compliant facility.

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