

PHYSICIAN FORMULATED

**SUGGESTED USE:** Take 8 capsules daily, with a meal, in divided doses, or as directed by your healthcare professional. Do not take within 5 hours of bedtime.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

**▲ WARNING:** Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause reproductive harm. For more information, go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

For more information regarding California Proposition 65 see:  
[www.seekinghealth.com/media/Prop65.pdf](http://www.seekinghealth.com/media/Prop65.pdf)

**CAUTIONS:** Consult your healthcare professional before use. Keep out of reach of children. Avoid if allergic to any ingredient. Do not exceed 1500 mcg RAE intake per day of preformed vitamin A (retinol or retinyl forms). Evaluate total vitamin K intake from food and supplements if you are taking blood-thinning medications.

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

**Optimal Prenatal** is a comprehensive prenatal formula designed to meet the high nutritional needs of women who are pregnant or preparing for pregnancy – or anyone looking for a well-rounded multivitamin. This formula contains both folic acid and L-5-MTHF, the most biologically available forms of folate, which are essential during pregnancy to support healthy brain development. L-5-MTHF works in conjunction with amino acids, chelated minerals, and coenzyme forms of B vitamins to support cardiovascular, neurologic, and immune health and normal cell growth. This formula is iron-free to allow for maximal versatility.<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.**

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## Supplement Facts

Serving Size: 8 Capsules

Servings Per Container: 30

	Amount Per Serving	%DV for Pregnant or Lactating Women	Amount Per Serving	%DV for Pregnant or Lactating Women
Vitamin A (750 mcg RAE (50%) as beta-carotene and 750 mcg RAE (50%) as retinyl palmitate)	1500 mcg RAE	115%	Zinc (as Zinc Bisglycinate Chelate <sup>®</sup> )	20 mg 154%
Vitamin C (ascorbic acid)	350 mg	292%	Selenium (as SelenoExcell <sup>®</sup> High Selenium Yeast)	200 mcg 286%
Vitamin D3 (cholecalciferol)	50 mcg (2000 IU)	333%	Copper (as Copper Bisglycinate Chelate <sup>®</sup> )	0.75 mg 58%
Vitamin E (as d-alpha tocopheryl succinate)	130 mg	684%	Manganese (as Manganese Bisglycinate Chelate <sup>®</sup> )	5 mg 192%
Vitamin K2 (as menaquinone-7)	100 mcg	111%	Chromium (as Chromium Nicotinate Glycinate Chelate <sup>®</sup> )	120 mcg 267%
Thiamin (as thiamine hydrochloride)	5 mg	357%	Molybdenum (as Molybdenum Glycinate Chelate <sup>®</sup> )	100 mcg 200%
Riboflavin (50% as riboflavin 5'-phosphate sodium and 50% as riboflavin)	20 mg	1,250%	Potassium (as Potassium Glycinate Complex <sup>®</sup> )	99 mg 2%
Niacin (as niacinamide)	25 mg	139%	Red Raspberry ( <i>Rubus idaeus</i> )(leaf)	250 mg *
Vitamin B6 (50% as pyridoxine HCl and 50% as pyridoxal 5'-phosphate)	20 mg	1,000%	Inositol	150 mg *
Folate [50% as Quatrefolic <sup>®</sup> (6S)-5-methyltetrahydrofolate, glucosamine salt and 50% as calcium folinate]	800 mcg DFE	133%	Betaine HCl	150 mg *
Vitamin B12 (80% as methylcobalamin and 20% as adenosylcobalamin)	150 mcg	5,357%	L-Carnosine	150 mg *
Biotin	500 mcg	1,429%	Ginger Extract 10:1 ( <i>Zingiber officinale</i> )(root)	100 mg *
Pantothenic Acid (as d-calcium pantothenate)	150 mg	2,143%	Coenzyme Q10 (ubidecarenone)	75 mg *
Choline (as choline bitartrate)	250 mg	45%	Milk Thistle Extract ( <i>Silybum marianum</i> )(seeds)(80% silymarin)	75 mg *
Calcium (as Dicalcium Malate <sup>®</sup> )	400 mg	31%	Taurine	50 mg *
Iodine (as potassium iodide)	250 mcg	86%	Mixed Tocopherols	45 mg *
Magnesium (as DiMagnesium Malate <sup>®</sup> )	250 mg	63%	Lutein (from marigold extract)( <i>Tagetes erecta</i> )(flowers)	5 mg *
			Zeaxanthin (from marigold extract)( <i>Tagetes erecta</i> )(flowers)	5 mg *

**Other Ingredients:** HPMC (capsule), ascorbyl palmitate, medium-chain triglyceride oil, silica, and L-leucine.

**DOES NOT CONTAIN:** Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy protein, GMO, gluten, artificial colors, or artificial flavors.

**Optimal Prenatal Meets or Exceeds cGMP Quality Standards.**

REV. 071718

ZCL-SKGHEALTH-PRECAP-DEV01

This package is completely recyclable ♻️



240 VEGETARIAN CAPSULES