

Directions: Take one capsule each morning.

Meta-Seven is a dietary supplement designed to "**Activate Your Life!**" It should be taken with your daily multivitamin as a part of an overall nutritional program.*

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



META-SEVEN

"ACTIVATE YOUR LIFE!"*

90
CAPSULES

DIETARY SUPPLEMENT



SUPPLEMENT FACTS

Serving Size: 1 Capsule

Serving Per Container: 90

	Amount Per Serving	%DV
Vitamin D3 (Cholecalciferol)	500 IU	125%
Vitamin B6 (Pyridoxal-5'-phosphate)	25mg	1250%
Vitamin B12 (Methylcobalamin)	5 mg	83333%
Magnesium (Magnesium Oxide)	200mg	50%
Chromium (Chromium Picolinate)	15 mcg	12%
Alpha Lipoic Acid	100mg	†
Coenzyme Q10	50 mg	†

†Daily Value (DV) not established.

Other Ingredients: Gelatin, Microcrystalline Cellulose, Rice Flour and Magnesium Stearate.

Distributed By: John Gilmore, MD
26639 Hufsmith Conroe Rd, Magnolia, TX 77354
www.Meta-Seven.com