

Metabolic Co-Factor

Now with Quatrefolic®, the patented glucosamine salt of 5-methyltetrahydrofolate. Metabolic Co-Factor is a multiple vitamin and mineral formula, developed by Dr. Leo Galland, M.D., to support the metabolism and utilization of essential fatty acids.* For more information, please see Dr. Galland's book, The Fat Resistance Diet™, item #79105.

Suggested Use

As a dietary supplement, 6 capsules daily, or as directed by a healthcare practitioner.

Taking more than 400 µg of selenium per day from all sources should only be done under the guidance of a healthcare professional.

Variations in product color may occur. Keep in a cool, dry place, tightly capped.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Not labeled for sale in California.



Formulated exclusively
for NutriCology®
Alameda, CA 94502
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Phone: 510.263.2000
Rev. 007



Metabolic Co-Factor

Dietary Supplement



180 vegetarian capsules

Supplement Facts

Serving Size 6 Capsules
Servings Per Container 30

| Amount Per Serving | % Daily Value* | |
|--|----------------|-------|
| Vitamin A (as Mixed Carotenoids) | 2500 IU | 50% |
| Vitamin C (78% as Ascorbic Acid and 22% as Ascorbyl Palmitate) | 384 mg | 640% |
| Vitamin D3 (as Cholecalciferol) | 800 IU | 200% |
| Vitamin E (as Mixed Tocopherols) | 100 IU | 333% |
| Thiamine (Vitamin B1) | 20 mg | 1330% |
| Riboflavin (Vitamin B2) | 20 mg | 1180% |
| Niacin (95% as Niacinamide and 5% as Niacin) | 210 mg | 1050% |
| Vitamin B6 (as Pyridoxine Hydrochloride) | 25 mg | 1250% |
| 5-Methyltetrahydrofolate (from 740 µg (6S)-5-methyltetrahydrofolic acid, glucosamine salt) | 400 µg | 100% |
| Biotin | 500 µg | 167% |
| Pantothenic Acid (as Calcium Pantothenate) | 200 mg | 2000% |
| Magnesium (as Magnesium Citrate) | 250 mg | 63% |
| Zinc (as Zinc Picolinate) | 30 mg | 200% |
| Selenium (as 50% Selenomethionine and 50% Sodium Selenite) | 200 µg | 286% |
| Copper (as Copper Sebacate) | 0.5 mg | 25% |
| Manganese (as Manganese Sulfate) | 10 mg | 500% |
| Chromium (as Amino Acid Complex) | 1 mg | 833% |
| Molybdenum (as Sodium Molybdate) | 1 mg | 1330% |
| Silicon (as Horsetail Stems Extract) | 2 mg | † |
| Vanadium (as Vanadyl Sulfate) | 200 µg | † |
| Boron (as Boron Citrate) | 3 mg | † |

† Daily Value not established. * Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.