

Metabolic Co-Factor

Metabolic Co-Factor is a multiple vitamin and mineral formula, developed by Dr. Leo Galland, M.D. For more information, please see Dr. Galland's book, *The Fat Resistance Diet™*.

Suggested Use

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

DO NOT EXCEED 400 MICROGRAMS OF SELENIUM PER DAY FROM ALL SOURCES.

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



Formulated exclusively for
Allergy Research Group®
Alameda, CA 94502
www.allergyresearchgroup.com

AllergyResearchGroup®

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 (75% 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%
Folic Acid	800 mcg 200%
Biotin	500 mcg 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 Selenomethionine)	200 mcg 286%
Copper (as Copper Selenate)	2 mg 100%
Manganese (as Manganese Sulfate)	10 mg 500%
Chromium (as Amino Acid Complex)	1 mg 833%
Molybdenum (as Sodium Molybdate)	1 mg 1330%
Choline Bitartrate	100 mg *
Inositol	100 mg *
Silicon (as Horsetail Stem Extract)	2 mg *
Vanadium (as Vanadyl Sulfate)	200 mcg *
Boron (as Boron Citrate)	3 mg *

* Daily Value not established.

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

Net 100g