



Glycogenics®

Complete, Well-Balanced
B-Complex Formula*

DIETARY
SUPPLEMENT

180 TABLETS

Glycogenics® is an advanced B-complex formula that features calcium L-5-methyltetrahydrofolate, a body-ready, nature-identical folate. This innovative formula also provides a balanced blend of other high potency B vitamins and supportive nutrients. B-complex supports healthy homocysteine metabolism, healthy energy metabolism, and a healthy stress response.*

Directions: Take one tablet twice daily or as directed by your healthcare practitioner.

This product is non-GMO, gluten free, and vegetarian.

Caution: Keep out of the reach of children. If pregnant or nursing, taking other nutritional supplements or medication, consult your healthcare practitioner before use.

Storage: Keep tightly closed in a cool, dry place.

*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.

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 180

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	125 mg	208%
Thiamin (as thiamin mononitrate)	14 mg	933%
Riboflavin	16 mg	941%
Niacin (as niacinamide and niacin)	200 mg	1000%
Vitamin B ₆ (as pyridoxine HCl)	22 mg	1100%
Folate (as calcium L-5-methyltetrahydrofolate ¹)	400 mcg	100%
Vitamin B ₁₂ (as methylcobalamin)	250 mcg	4167%
Biotin	250 mcg	83%
Pantothenic Acid (as D-calcium pantothenate)	75 mg	750%
Choline (as choline bitartrate)	100 mg	*
Inositol	94 mg	*
<i>para</i> -Aminobenzoic Acid (PABA)	15 mg	*

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, stearic acid (vegetable), silica, magnesium stearate (vegetable), and coating (hypromellose, medium chain triglycerides, and hydroxypropylcellulose).

DISTRIBUTED BY: METAGENICS
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¹As Metafolin™ U.S. Patent Nos. 5,997,915; 6,254,904.

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