Report any adverse reactions to 860.623.6314

Notice: Color, size or shape may appear different between lots.

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MSC180

Does not contain gluten.



Metabolic Synergy[™]



designs for health®

Recommended Use: As a dietary supplement, take six capsules per day, two with each with meal, or as directed by your health care practitioner

Supplement Facts

Serving Size 6 capsules Servings Per Container 30

Amount Per Serving % Daily		aily Value	Amount Per Serving	% Daily Value	
Vitamin A	3000 IU	60%	Selenium (as Selenium Glycinate Complex)	200 mcg	286%
(from Palmitate and Mixed Cartenoids from Palm Tree Fruit)			Manganese	3 mg	150%
Vitamin C (as Ascorbic Acid)	500 mg	833%	(TRAACS® Manganese Glycinate Chelate)		
Vitamin D (as Cholecalciferol)	400 IU	100%	Chromium	500 mcg	417%
Vitamin E (as d-alpha Tocopherol)	25 IU	83%	(TRAACS® Chromium Nicotinate Glycinate Chelate)		
Thiamin (Vitamin B-1)	75 mg	5000%	Molybenum	100 mcg	133%
(as Thiamin HCL 25 mg and Benfotiamine 50 mg)			(TRAACS® Molybenum Glycinate Chelate)		
Riboflavin (Vitamin B-2)	25 mg	1471%	Potassium (as Potassium Glycinate Complex) 200 mg	6%
Niacin (Vitamin B-3)(as Niacinamide)	50 mg	250%		-	
Vitamin B-6	50 mg	2500%	Alpha Lipoic Acid	600 mg	*
(as Pyridoxine HCL and Pyridoxal-5-Phosphate)			Taurine	600 mg	*
Folate (NatureFolate™ blend)	400 mcg	100%	Inositol	500 mg	*
Vitamin B-12 (as Methylcobalamin)	1000 mcg	16667%	Green Tea (Camellia sinensis)(leaves)	200 mg	*
Biotin (as d-Biotin)	4 mg	1333%	[standardized to contain 45% EGCg, 98%		
Pantothenic Acid	50 mg	500%	Carnosine	200 mg	*
(as d-Calcium Pantothenate)	,		High Gamma Mixed Tocopherols	165 mg	*
Iodine (as Potassium Iodide)	75 mca	50%	(as d-gamma, d-delta, d-alpha, d-beta)		
Magnesium	100 mg	25%	Vanadium	200 mcg	*
(TRAACS® Magnesium Glycinate Chelate		2370	(TRAACS® Vanadium Nicotinate Glycinate	Chelate)	
Zinc	30 mg	200%	*Daily Value not established.		
(TRAACS® Zinc Glycinate Chelate)			buny value not established.		

Other Ingredients: Microcrystalline cellulose, silicon dioxide, vegetable stearate,



Designs for Health, Inc 980 South Street, Suffield, CT 06078 www.designsforhealth.com Manufactured in an NSF GMP Registered Facility

STORE IN A COOL DRY PLACE. **KEEP OUT OF REACH OF CHILDREN.**