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DIRECTIONS: Four (4) capsules daily with meals as a dietary supplement, or as directed by a Doctor.

Each preservative-free vegetarian capsule contains only the active ingredients listed on the label. **Excipient-free.**

STORAGE: Keep tightly closed in a dry place; do not expose to excessive heat.

KEEP OUT OF THE REACH OF CHILDREN.

Manufactured in a GMP Certified Facility
Metabolic Maintenance Products
PO Box 940, Sisters, Oregon 97759
www.metabolicmaintenance.com



ESSENTIALS

120 CAPSULES

**Metabolic
Maintenance**

DIETARY SUPPLEMENT

Basic
Maintenance

Supplement Facts

Serving Size: 4 capsules

Servings per container: 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A 8000 IU 160%		Pantothenic Acid 25 mg 250%	
(as 70% Beta Carotene and 30% Palmitate)		(as d-Calcium Pantothenate)	
Vitamin C 250 mg 417%		Calcium 500 mg 50%	
(as Ascorbic Acid)		(as Calcium Citrate and Carbonate)	
Vitamin D-3 400 IU 100%		Iodine 75 mcg 50%	
(as Cholecalciferol)		(as Potassium Iodide)	
Vitamin E 100 IU 333%		Magnesium 250 mg 62%	
(as d-Alpha Tocopheryl Succinate)		(as Magnesium Citrate)	
Vitamin K-1 100 mcg 125%		Zinc 15 mg 100%	
Thiamine 5 mg 333%		(as Zinc Citrate)	
(as Thiamine Mononitrate)		Selenium 200 mcg 288%	
Riboflavin 5 mg 294%		(as L-Selenomethionine)	
Niacin 25 mg 125%		Copper 1.5 mg 75%	
Vitamin B-6 15 mg 750%		(as Copper Gluconate)	
(as Pyridoxine HCl)		Manganese 5 mg 250%	
Folate 400 mcg 100%		(as Manganese Gluconate)	
(as L-5-Methyltetrahydrofolate)		Chromium 200 mcg 167%	
Vitamin B-12 50 mcg 833%		(as Chromium Nicotinate)	
(as Methylcobalamin)		Molybdenum 25 mcg 33%	
Biotin 100 mcg 33%		(as Sodium Molybdate)	
		Boron (as Boron Citrate) 1 mg *	

* Daily Value not established for this ingredient

Other ingredients: vegetarian capsule, L-leucine. Vitamin E is derived from soy oil.