

535001A EXP 5/14

High-potency B-Complex with phosphorylated B-2 and B-6, methylated B-12, PLUS 10 mg 5-MTHF.* Gluten and Excipient-free

Keep tightly closed in a cool, dry place out of the reach of children.

CAUTION: Consult your healthcare professional before taking this product.

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

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any diseases.



ESSENTIALS

60 CAPSULES

**Metabolic
Maintenance**

DIETARY SUPPLEMENT

**B-Complex +
10 mg 5-MTHF**

DIRECTIONS: Use only as directed by a healthcare professional.

Supplement Facts

Serving Size: One (1) capsule

Amount Per Capsule	% Daily Value	
Thiamine (as Thiamine Mononitrate)	25 mg	1667%
Riboflavin (as Riboflavin 5' Phosphate)	25 mg	1471%
Niacin (as Niacinamide)	150mg	750%
Vitamin B-6 (as Pyridoxine HCl and Pyridoxal 5' Phosphate)	55 mg	2750%
Folate (as L-5-Methyltetrahydrofolate)	10 mg	2500%
Vitamin B-12 (as Methylcobalamin)	1000 mcg	16667%
Biotin	400 mcg	133%
Pantothenic Acid (as Calcium Pantothenate)	150mg	1500%
Choline (as Choline Bitartrate)	50 mg	*
Inositol	50 mg	*
PABA (Para Amino Benzoic Acid)	50 mg	*

* Daily Value not established for this ingredient

Other ingredients: vegetarian capsule, L-leucine