

DIRECTIONS: One (1) capsule daily with a meal 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



**Metabolic
Maintenance**

VITAMIN SUPPLEMENT

**B-Complex
Phosphorylated**

100 CAPSULES

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)	150 mg	750%
Vitamin B-6 (as Pyridoxine HCl and Pyridoxal 5' Phosphate)	55 mg	2750%
Folate (as L-5-Methyltetrahydrofolate)	800 mcg	200%
Vitamin B-12 (as Methylcobalamin)	1000 mcg	16667%
Biotin	400 mcg	133%
Pantothenic Acid (as Calcium Pantothenate)	150 mg	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



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