

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

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



ESSENTIALS

**Metabolic  
Maintenance**

DIETARY SUPPLEMENT

**Cal/Mag/Zinc  
Complex**  
with Vitamin D

240 VEGETARIAN  
CAPSULES

Manufactured in a GMP Certified Facility  
Metabolic Maintenance Products  
PO Box 940, Sisters, Oregon 97759  
[www.metabolicmaintenance.com](http://www.metabolicmaintenance.com)



**DIRECTIONS:** Use as a dietary supplement as directed by your Healthcare Professional.

### Supplement Facts

Amount Per Capsule	% Daily Value	
<b>Vitamin C</b> (as Ascorbyl Palmitate)	10 mg	17%
<b>Vitamin D-3</b> (as Cholecalciferol)	100 IU	25%
<b>Calcium</b> (as Calcium Carbonate and Calcium Citrate)	250 mg	25%
<b>Magnesium</b> (as Magnesium Citrate/Aspartate)	125 mg	31%
<b>Zinc</b> (as Zinc Citrate)	6 mg	40%
<b>Boron</b> (as Boron Citrate and Boron Aspartate)	0.5 mg	*

\* Daily Value not established for this ingredient

Other ingredients: vegetarian capsule