

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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN.** In case of an accidental overdose, call a doctor or poison control center immediately.

Metabolic Maintenance

Manufactured by GMP Certified Facility
Metabolic Maintenance Products
Sisters, Oregon 97759
www.metabolicmaintenance.com



100 CAPSULES

Metabolic Maintenance

VITAMIN SUPPLEMENT

FemOne

DIRECTIONS: One (1) capsule daily with meals as a dietary supplement, or as directed by a Doctor.

Supplement Facts

Serving Size: 1 capsule

Amount Per Capsule	% Daily Value	Amount Per Capsule	% Daily Value
Vitamin A (as Betatene mixed carotenoids)	5000 IU 100%	Biotin	100 mcg 33%
Vitamin C (as Ascorbic Acid)	250 mg 417%	Pantothenic Acid (as d-Calcium Pantothenate)	25 mg 250%
Vitamin D-3 (as Cholecalciferol)	400 IU 100%	Iron (as Iron Glycinate)	25 mg 139%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate and Mixed Tocopherols)	100 IU 333%	Iodine (as Potassium Iodide)	150 mcg 100%
Thiamine (as Thiamine Mononitrate)	5 mg 333%	Zinc (as Zinc Citrate)	25 mg 167%
Riboflavin	5 mg 294%	Selenium (as L-Selenomethionine)	100 mcg 143%
Niacin (as Niacinamide)	25 mg 125%	Copper (as Copper Gluconate)	1.5 mg 75%
Vitamin B-6 (as Pyridoxine HCl)	15 mg 750%	Manganese (as Manganese Gluconate)	5 mg 250%
Folate (as Folic Acid)	800 mcg 200%	Chromium (as Chromium Nicotinate)	200 mcg 167%
Vitamin B-12 (as Methylcobalamin)	15 mcg 250%	Molybdenum (as Sodium Molybdate)	25 mcg 33%

* Daily Value not established for this ingredient

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