

High-potency vitamin/mineral complex with iron for women in their childbearing years. Contains additional D-3, B-12, and 5-MTHF.\*  
Gluten and Excipient-free.

**STORAGE:** Keep tightly closed in a cool, dry place.

**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.

**Manufactured in a GMP Compliant Facility**

Metabolic Maintenance Products PO Box 940, Sisters, Oregon 97759  
[www.metabolicmaintenance.com](http://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

100 CAPSULES

**Metabolic  
Maintenance**

DIETARY SUPPLEMENT

FemOne Plus™

**DIRECTIONS:** Use only under the direction of a healthcare professional.

### Supplement Facts

Serving Size: 1 capsule

Amount Per Capsule	% Daily Value	Amount Per Capsule	% Daily Value
Vitamin A (as Natural 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)	2000 IU 500%	Iron (as Iron Bis-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 (as Riboflavin 5' Phosphate)	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 and Pyridoxal 5' Phosphate)	15 mg 750%	Manganese (as Manganese Gluconate)	5 mg 250%
Folate (as L-5-Methyltetrahydrofolate)	2500 mcg 625%	Chromium (as Chromium Niacinate)	200 mcg 167%
Vitamin B-12 (as Methylcobalamin)	1000 mcg 16667%	Molybdenum (as Molybdenum Glycinate)	25 mcg 33%

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

539001B EXP 5/14

8

1

10-01