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The Big One™+ contains 2000 IU of Vitamin D-3 for added immune and bone support, a more bioavailable form of beta carotene, and methylated forms of B-12 and Folate.*
Gluten and Excipient Free.

DIRECTIONS: One (1) capsule daily with a meal as a dietary supplement, or as directed by a healthcare professional. Physician monitoring of Vitamin D level recommended.

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

Manufactured in a GMP Certified 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

100 CAPSULES



DIETARY SUPPLEMENT

The BIG ONE®+

2000 IU Vitamin D without Iron

Supplement Facts

Serving Size: 1 capsule

Amount Per Capsule	% Daily Value	Amount Per Capsule	% Daily Value
Vitamin A 8,000 IU 160% (as 52% Natural Mixed Carotenoids and 37% Retinyl Palmitate)		Pantothenic Acid 100 mg 1000% (as d-Calcium Pantothenate)	
Vitamin C 150 mg 250% (as Ascorbic Acid and Ascorbyl Palmitate)		Iodine 100 mcg 67% (as Potassium Iodide)	
Vitamin D-3 2000 IU 500% (as Cholecalciferol)		Zinc 15 mg 100% (as Zinc Citrate)	
Vitamin E 100 IU 333% (as d-Alpha Tocopheryl Acid Succinate and Mixed Tocopherols)		Selenium 100 mcg 143% (as L-Selenomethionine)	
Vitamin K-1 100 mcg 125%		Copper 1 mg 50% (as Copper Gluconate)	
Thiamine 25 mg 1667% (B-1 as Thiamine Mononitrate)		Manganese 5 mg 250% (as Manganese Gluconate)	
Riboflavin 25 mg 1471% (B-2 as Riboflavin 5 Phosphate)		Chromium 100 mcg 83% (as Chromium Nicotinate)	
Niacin 100 mg 500% (as Nicotinamide)		Molybdenum 50 mcg 67% (as Molybdenum Glycinate)	
Vitamin B-6 25 mg 1250% (as Pyridoxal 5-Phosphate)		Betaine HCL 25 mg *	
Folate 400 mcg 100% (as L-5-Methyltetrahydrofolate)		Boron 1 mg *	
Vitamin B-12 100 mcg 1667% (as Methylcobalamin)		Vanadium 50 mcg *	
Biotin (d-Biotin) 200 mcg 67%			

* Daily Value not established for this ingredient

Other ingredients: vegetarian capsule. Vitamin E is derived from soy oil.