

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.

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 Certified Facility**
Metabolic Maintenance Products
PO Box 940, Sisters, Oregon 97759
www.metabolicmaintenance.com



ESSENTIALS

100 CAPSULES

**Metabolic
Maintenance**

DIETARY SUPPLEMENT

The
BIG ONE
with Iron

Supplement Facts

Serving Size: 1 capsule

| Amount Per Capsule | % Daily Value | Amount Per Capsule | % Daily Value |
|----------------------------------------------------------------------------------|---------------|--------------------------------------------------------|---------------|
| Vitamin A (as 53% Betaene mixed carotenoids and 37% Palmitate) | 8,000 IU 160% | Pantothenic Acid (as d-Calcium Pantothenate) | 100 mg 100% |
| Vitamin C (as Ascorbic Acid) | 150 mg 250% | Iron (as Iron Glycinate) | 10 mg 58% |
| Vitamin D-3 (as Cholecalciferol) | 400 IU 100% | Iodine (as Potassium Iodide) | 100 mcg 67% |
| Vitamin E (as d-Alpha Tocopheryl Acid Succinate and mixed tocopherols) | 100 IU 333% | Zinc (as Zinc Citrate) | 15 mg 100% |
| Vitamin K-1 | 100 mcg 125% | Selenium (as L-Selenomethionine) | 100 mcg 143% |
| Thiamine (as Thiamine Mononitrate) | 25 mg 1667% | Copper (as Copper Glyconate) | 1 mg 50% |
| Riboflavin | 25 mg 1471% | Manganese (as Manganese Glyconate) | 5 mg 250% |
| Niacin (as Niacinamide) | 100 mg 500% | Chromium (as Chromium Niacinate) | 100 mcg 67% |
| Vitamin B-6 (as Pyridoxine HCl) | 25 mg 1250% | Molybdenum (as Sodium Molybdate) | 50 mcg 67% |
| Folate (as L-5-Methyltetrahydrofolate) | 400 mcg 100% | Betaine HCL | 25 mg * |
| Vitamin B-12 (as Methylcobalamin) | 100 mcg 1667% | Boron (as Boron Citrate) | 1 mg * |
| Biotin | 200 mcg 67% | Vanadium (as Sodium Vanadate) | 50 mcg * |

* Daily Value not established for this ingredient

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

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