

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.**

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

Manufactured in a GMP Certified Facility
Metabolic Maintenance Products
P.O. Box 940, Sisters, Oregon 97759
www.metabolicmaintenance.com



#7528A EXP 3/13



ESSENTIALS

100 VEGETARIAN CAPSULES

Metabolic Maintenance

DIETARY SUPPLEMENT

The BIG ONE without Iron

Supplement Facts

Serving Size: 1 capsule

Amount Per Capsule	% Daily Value	Amount Per Capsule	% Daily Value
Vitamin A (as 62% Betaene mixed carotenoids and 37% Palmitate)	8,000 IU 160%	Pantothenic Acid (as d-Calcium Pantothenate)	100 mg 100%
Vitamin C (as Ascorbic Acid and Ascorbyl Palmitate)	150 mg 250%	Iodine (as Potassium Iodide)	100 mcg 67%
Vitamin D-3 (as Cholecalciferol)	400 IU 100%	Zinc (as Zinc Citrate)	15 mg 100%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate and mixed tocopherols)	100 IU 333%	Selenium (as L-Selenomethionine)	100 mcg 143%
Vitamin K-1 (as Thiamine Mononitrate)	100 mcg 125%	Copper (as Copper Gluconate)	1 mg 50%
Thiamine (as Thiamine Mononitrate)	25 mg 1667%	Manganese (as Manganese Gluconate)	5 mg 250%
Riboflavin (as Nicotinamide)	25 mg 1471%	Chromium (as Chromium Nicotinate)	100 mcg 27%
Niacin (as Nicotinamide)	100 mg 500%	Molybdenum (as Sodium Molybdate)	50 mcg 67%
Vitamin B-6 (as Pyridoxine HCl)	25 mg 1250%	Betaine HCL	25 mg *
Folate (as L-5-Methyltetrahydrofolate)	400 mcg 100%	Boron (as Boron Citrate)	1 mg *
Vitamin B-12 (as Methylcobalamin)	100 mcg 1667%	Vanadium (as Sodium Vanadate)	50 mcg *
Biotin	200 mcg 67%		

* Daily Value not established for this ingredient

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