

#27325B EXP 2/13

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.

**CAUTION:** Pregnant or lactating women, consult your healthcare professional before taking this product.

Manufactured in a GMP Certified Facility  
Metabolic Maintenance Products  
PO Box 940, Sisters, Oregon 97759  
[www.metabolicmaintenance.com](http://www.metabolicmaintenance.com)

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ESSENTIALS

90 VEGETARIAN CAPSULES

**Metabolic Maintenance**

DIETARY SUPPLEMENT

Vitamin D-3

5,000 IU

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

Supplement Facts		
Serving Size: 1 capsule		
Amount Per Capsule	% Daily Value	
Vitamin C (as Ascorbic Acid)	300 mg	500%
Vitamin D-3 (as Cholecalciferol)	5000 IU	1250%

Other ingredients: vegetarian capsule, L-leucine

Physician monitoring of vitamin D level recommended.

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