

Glycogenics® is an advanced B-complex formula that features L-5-methyl tetrahydro-folate, a body-ready, nature-identical folate. This innovative formula also provides a balanced blend of other high potency B vitamins and supportive nutrients. B-complex supports healthy homocysteine metabolism, optimal energy levels, and a healthy stress response.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DIRECTIONS: Take one tablet twice daily or as directed by your healthcare practitioner.

CAUTION: Keep out of the reach of children.

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

Formulated to Exclude: Wheat, gluten, soy protein, animal or dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.



Metagenics®

Genetic Potential Through Nutrition



Glycogenics®

Complete, Well-Balanced B-Complex Formula

Dietary Supplement

Vegetarian

180 TABLETS

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 180

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	125 mg	208%
Thiamin (as thiamin mononitrate)	14 mg	933%
Riboflavin	16 mg	941%
Niacin (as niacinamide and niacin)	200 mg	1000%
Vitamin B ₆ (as pyridoxine HCl)	22 mg	1100%
Folate (as folic acid and L-5-methyl tetrahydrofolate*)	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	250 mcg	4167%
Biotin	250 mcg	83%
Pantothenic Acid (as D-calcium pantothenate)	75 mg	750%
Choline (as choline bitartrate)	100 mg	
Inositol	94 mg	
para-Aminobenzoic Acid (PABA)	15 mg	

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, stearic acid, silica, magnesium stearate, and coating (deionized water, microcrystalline cellulose, polyethylene glycol, and carageenan).

Developed and Manufactured by: METAGENICS, INC.
Makers of Professional Quality Supplements
100 Ave. La Pata, San Clemente, CA 92673
www.metagenics.com

*As Metabolin™ U.S. Patent Nos. 5,997,915; 6,254,904.