



Glycogenics® is an advanced B-complex formula that features L-5-methyl tetrahydrofolate, 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

Featuring
Body-Ready
Folate

Glycogenics®

Complete, Well-Balanced
B-Complex Formula
Dietary Supplement

Vegetarian
60 TABLETS

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 60

	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 carrageenan).

Developed and Manufactured by: **METAGENICS, INC.**
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*As Metafol® U.S. Patent Nos. 5,997,915; 6,254,904