

**DIRECTIONS:** One (1) level scoop (5.2 g) daily into juice or beverage. Best taken with a meal or as directed by a healthcare professional.

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

Moisture sensitive formula.  
Best consumed within 90 days after opening.



EGG FREE



GLUTEN FREE



FREE OF NUTS



DAIRY FREE

Manufactured in a GMP Compliant Facility  
Metabolic Maintenance®  
601 N Larch Street, Sisters, Oregon 97759  
Contact # 800-772-7873  
MetabolicMaintenance.com



DIETARY SUPPLEMENT

## Vitamin/Mineral Base Powder

312 g / 11 oz 60 SERVINGS

### Supplement Facts

Serving Size: 1 level scoop (5.2 g) daily

Servings Per Container: 60

| Amount Per Serving                                                              | % Daily Value | Amount Per Serving                                    | % Daily Value |
|---------------------------------------------------------------------------------|---------------|-------------------------------------------------------|---------------|
| Vitamin A 2400 mcg RAE<br>(5500 IU as Beta Carotene and 2500 IU as Palmitate)   | 267%          | Pantothenic Acid 25 mg<br>(as Calcium D-Pantothenate) | 500%          |
| Vitamin C 250 mg<br>(as Ascorbic Acid)                                          | 278%          | Calcium 500 mg<br>(as Calcium Citrate)                | 38%           |
| Vitamin D-3 25 mcg<br>(1000 IU as Cholecalciferol)                              | 125%          | Iodine 75 mcg<br>(as Potassium Iodide)                | 50%           |
| Vitamin E 67 mg<br>(100 IU as d-Alpha Tocopherol Acetate and Mixed Tocopherols) | 447%          | Magnesium 250 mg<br>(as Magnesium Bisglycinate)       | 60%           |
| Vitamin K 100 mcg<br>(as K-1)                                                   | 83%           | Zinc 15 mg<br>(as Zinc Bisglycinate)                  | 136%          |
| Thiamine 5 mg<br>(as Thiamine Mononitrate)                                      | 417%          | Selenium 100 mcg<br>(as L-Selenomethionine)           | 182%          |
| Riboflavin 5 mg<br>(as Riboflavin 5' Phosphate)                                 | 385%          | Copper 1 mg<br>(as Copper Bisglycinate)               | 111%          |
| Niacin 25 mg NE<br>(as Niacinamide)                                             | 156%          | Manganese 5 mg<br>(as Manganese Glycinate)            | 217%          |
| Vitamin B-6 15 mg<br>(as Pyridoxal 5' Phosphate)                                | 882%          | Chromium 200 mcg<br>(as Chromium Polynicotinate)      | 571%          |
| Folate 667 mcg DFE<br>(400 mcg as L-5-Methylfolate, calcium salt)               | 167%          | Molybdenum 25 mcg<br>(as Molybdenum Glycinate)        | 56%           |
| Vitamin B-12 50 mcg<br>(as Methylcobalamin)                                     | 2083%         | Boron 1 mg<br>(as Boron Citrate)                      | *             |
| Biotin 100 mcg                                                                  | 333%          | Glycine 1100 mg                                       | *             |

\* Daily Value not established for this ingredient

Natural Vitamin E is derived from soy oil.