

Keep tightly closed in a cool, dry place, out of the reach of children. Moisture sensitive formula. Best consumed within 120 days after opening.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of an accidental overdose, call a doctor or poison control center immediately.



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



**METABOLIC**  
MAINTENANCE®

DIETARY SUPPLEMENT

FemOne™  
Women's  
Multivitamin

90 CAPSULES

**DIRECTIONS:** One (1) capsule daily with a meal, or as directed by a healthcare professional.

## Supplement Facts

Serving Size: 1 capsule

| Amount Per Capsule  | % Daily Value        | Amount Per Capsule                              | % Daily Value     |
|---|----------------------|---|-------------------|
| Vitamin A<br>(5000 IU as Natural Mixed Carotenoids)                         | 1500 mcg RAE<br>167% | Vitamin B-12<br>(as Methylcobalamin)            | 800 mcg<br>33333% |
| Vitamin C<br>(as Ascorbic Acid)   | 250 mg<br>278%       | Biotin  | 100 mcg<br>333%   |
| Vitamin D-3<br>(2000 IU as Cholecalciferol)                                 | 50 mcg<br>250%       | Pantothenic Acid<br>(as Calcium D-Pantothenate) | 25 mg<br>500%     |
| Vitamin E<br>(100 IU as d-Alpha Tocopheryl Succinate and Mixed Tocopherols) | 67 mg<br>447%        | Iron<br>(as Iron Bisglycinate)                  | 25 mg<br>139%     |
| Thiamine<br>(as Thiamine Mononitrate)                                       | 5 mg<br>417%         | Iodine<br>(as Potassium Iodide)                 | 150 mcg<br>100%   |
| Riboflavin<br>(as Riboflavin 5' Phosphate)                                  | 5 mg<br>385%         | Zinc<br>(as Zinc Citrate)                       | 25 mg<br>227%     |
| Niacin<br>(as Niacinamide)  | 25 mg NE<br>156%     | Selenium<br>(as L-Selenomethionine)             | 100 mcg<br>182%   |
| Vitamin B-6<br>(as Pyridoxine HCl and Pyridoxal 5' Phosphate)               | 15 mg<br>882%        | Copper<br>(as Copper Gluconate)                 | 1.5 mg<br>167%    |
| Folate<br>(1000 mcg from L-5-Methylfolate, calcium salt)                    | 1667 mcg DFE<br>417% | Manganese<br>(as Manganese Glycinate)           | 2.5 mg<br>109%    |
|   |                      | Chromium<br>(as Chromium Polynicotinate)        | 200 mcg<br>571%   |
|   |                      | Molybdenum<br>(as Molybdenum Glycinate)         | 25 mcg<br>56%     |

Other ingredients: vegetarian cellulose capsule, L-leucine. Vitamin E is derived from soy oil.