

DIRECTIONS: One (1) capsule daily 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 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



DIETARY SUPPLEMENT

The Big One® with Iron Multivitamin

90 CAPSULES

Supplement Facts

Serving Size: 1 capsule

Amount Per Capsule	% Daily Value	Amount Per Capsule	% Daily Value
Vitamin A 2400 mcg RAE (5000 IU as Natural Mixed Carotenoids and 3000 IU as Palmitate)	267%	Biotin 200 mcg	667%
Vitamin C 125 mg (as Ascorbic Acid and Ascorbyl Palmitate)	139%	Pantothenic Acid 100 mcg (as Calcium D-Pantothenate)	2000%
Vitamin D-3 25 mcg (1000 IU as Cholecalciferol)	125%	Iron 10 mg (as Iron Bisglycinate)	56%
Vitamin E 67 mg (100 IU as d-alpha Tocopheryl Acid Succinate and Mixed Tocopherols)	447%	Iodine 100 mcg (as Potassium Iodide)	67%
Vitamin K 100 mcg (as K1 and K2 MK-7)	83%	Zinc 15 mg (as Zinc Citrate)	136%
Thiamine 25 mg (as Thiamine Mononitrate)	2083%	Selenium 100 mcg (as L-Selenomethionine)	182%
Riboflavin 25 mg (as Riboflavin 5' Phosphate)	1923%	Copper 1 mg (as Copper Gluconate)	111%
Niacin 100 mg NE (as Niacinamide)	625%	Manganese 5 mg (as Manganese Glycinate)	217%
Vitamin B-6 25 mg (as Pyridoxine HCl and Pyridoxal 5' Phosphate)	1471%	Chromium 100 mcg (as Chromium Polynicotinate)	286%
Folate 667 mcg DFE (400 mcg as L-5-Methylfolate, calcium salt)	167%	Molybdenum 50 mcg (as Molybdenum Glycinate)	111%
Vitamin B-12 100 mcg (as Methylcobalamin)	4167%	Betaine HCl 25 mg	*
		Boron 1 mg (as Boron Citrate)	*
		Vanadium 50 mcg (as Vanadyl Sulfate)	*

* Daily Value not established for this ingredient

Other ingredients: vegetarian cellulose capsule. Vitamin E is derived from soy oil.