

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.



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

The Big One®
without Iron
Multivitamin

90 CAPSULES

Supplement Facts

Serving Size: 1 capsule

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

* Daily Value not established for this ingredient

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