

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



METABOLIC
MAINTENANCE®

DIETARY SUPPLEMENT

Basic
Maintenance®

Comprehensive
Multivitamin

120 CAPSULES

DIRECTIONS: Two (2) capsules daily with meals, or as directed by a healthcare professional.

Supplement Facts

Serving Size: 2 capsules

Servings Per Container: 60

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as 2750 IU Beta Carotene and 1250 IU Palmitate)	1200 mcg RAE 133%	Biotin	50 mcg 167%
Vitamin C (as Ascorbic Acid)	125 mg 139%	Pantothenic Acid (as Calcium D-Pantothenate)	12.5 mg 250%
Vitamin D-3 (1000 IU as Cholecalciferol)	25 mcg 125%	Calcium (as Calcium Citrate and Carbonate)	250 mg 19%
Vitamin E (50 IU as d-Alpha Tocopheryl Acid Succinate)	33 mg 220%	Iodine (as Potassium Iodide)	37.5 mcg 25%
Vitamin K (as K1 and K2 MK-7)	50 mcg 42%	Magnesium (as Magnesium Bisglycinate)	125 mg 30%
Thiamine (as Thiamine Mononitrate)	2.5 mg 208%	Zinc (as Zinc Citrate)	7.5 mg 68%
Riboflavin (as Riboflavin 5' Phosphate)	2.5 mg 192%	Selenium (as L-Selenomethionine)	100 mcg 182%
Niacin (as Niacinamide)	12.5 mg NE 78%	Copper (as Copper Gluconate)	0.75 mg 83%
Vitamin B-6 (as Pyridoxine HCl & Pyridoxal 5' Phosphate)	7.5 mg 441%	Manganese (as Manganese Glycinate)	2.5 mg 109%
Folate (as 200 mcg L-5-Methylfolate, calcium salt)	333 mcg DFE 83%	Chromium (as Chromium Polynicotinate)	100 mcg 286%
Vitamin B-12 (as Methylcobalamin)	25 mcg 1042%	Molybdenum (as Molybdenum Glycinate)	12.5 mcg 28%
		Boron (as Boron Citrate)	500 mcg *

* Daily Value not established for this ingredient

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

V-09