

DIRECTIONS: Two (2) scoops per day in divided doses of 1 scoop each, or as directed by a healthcare professional. Do not take with food containing protein. Can be mixed with juices or other carbohydrates. Keep tightly closed in a cool, dry place, out of the reach of children.



EGG FREE



GLUTEN FREE



FREE OF NUTS



DAIRY FREE

 **Quatrefolic**® is a registered trademark of Gnosis S.p.A. U.S. Patent No. 7,947,662
Manufactured in a GMP Compliant Facility
Metabolic Maintenance®
601 N Larch Street, Sisters, Oregon 97759
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MetabolicMaintenance.com



DIETARY SUPPLEMENT

Spectrum Awakening

Brain Health and Focus

69 g / 2.4 oz 30 DAY SUPPLY

Supplement Facts

Daily Serving: 2 scoops (2.3 g)
Servings per bottle: 30

Amount Per Day	% Daily Value	
Vitamin B-6 (as Pyridoxal 5' Phosphate)	25 mg	1471%
Folate (1000 mcg as L-5-Methylfolate, glucosamine salt)	1667 mcg DFE	417%
Vitamin B-12 (as Methylcobalamin)	1000 mcg	41667%
Magnesium (as Magnesium Glycinate)	100 mg	24%
Zinc (as Zinc Glycinate)	30 mg	273%
GABA (Gamma Aminobutyric Acid)	750 mg	*
Glycine	272 mg	*
Taurine	250 mg	*
L-Theanine (Suntheanine®)	200 mg	*
5-Hydroxytryptophan	50 mg	*

*Daily Value not established for this ingredient

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