

**Glycogenics®** is an advanced B-complex formula that features calcium L-5-methyltetrahydrofolate. This innovative formula also provides a balanced blend of other high potency B vitamins and supportive nutrients. B-complex supports healthy homocysteine metabolism, healthy energy metabolism, and a healthy stress response.\*

**Directions:** Take one tablet twice daily or as directed by your healthcare practitioner.

This product is non-GMO, gluten-free, and vegetarian.

**Caution:** Keep out of the reach of children. If pregnant or nursing, or taking other nutritional supplements or medication, consult your healthcare practitioner before use.

**Storage:** Keep tightly closed in a cool, dry place.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Metagenics®**

# Glycogenics®

Complete, well-balanced  
B-complex formula\*

**DIETARY  
SUPPLEMENT**

**60 TABLETS**

**PRACTITIONER EXCLUSIVE**

## Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid).....	125 mg..... 139%
Thiamin (as thiamin mononitrate).....	14 mg..... 1,167%
Riboflavin .....	16 mg..... 1,231%
Niacin (as niacinamide and niacin).....	200 mg..... 1,250%
Vitamin B <sub>6</sub> (as pyridoxine HCl).....	22 mg..... 1,294%
Folate (as calcium L-5-methyltetrahydrofolate)*.....	665 mcg DFE..... 166%
Vitamin B <sub>12</sub> (as methylcobalamin).....	250 mcg..... 10,417%
Biotin.....	250 mcg..... 833%
Pantothenic Acid (as calcium D-pantothenate).....	75 mg..... 1,500%
Choline (as choline bitartrate).....	100 mg..... 18%
Myo-Inositol .....	94 mg..... **
para-Aminobenzoic Acid (PABA).....	15 mg..... **

\*\*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, stearic acid (vegetable), silica, magnesium stearate (vegetable), and coating (hypromellose, medium-chain triglycerides, and hydroxypropylcellulose).

**MANUFACTURED BY: METAGENICS**  
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\*As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany.

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