

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

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

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

B-Complex Cellular Energy Support*

90 CAPSULES

DIRECTIONS: One (1) capsule daily with a meal, or as directed by a healthcare professional.

Supplement Facts

Serving Size: 1 capsule

Amount Per Capsule	% Daily Value	
Vitamin C (as Ascorbyl Palmitate)	15 mg	17%
Thiamine (as Thiamine Mononitrate)	25 mg	2083%
Riboflavin (as Riboflavin 5' Phosphate)	25 mg	1923%
Niacin (as Niacinamide)	150 mg NE	938%
Vitamin B-6 (as Pyridoxine HCl and Pyridoxal 5' Phosphate)	55 mg	3235%
Folate (800 mcg as L-5-Methylfolate, calcium salt)	1334 mcg DFE	334%
Vitamin B-12 (as Methylcobalamin)	1000 mcg	41667%
Biotin	400 mcg	1333%
Pantothenic Acid (as Calcium D-Pantothenate)	150 mg	3000%
Choline (as Choline Bitartrate)	50 mg	9%
Inositol	50 mg	*
PABA (Para Amino Benzoic Acid)	50 mg	*

* Daily Value not established for this ingredient

Other ingredients: vegetarian cellulose capsule

V-19