

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

180 TABLETS

PRACTITIONER EXCLUSIVE

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 180

	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 ₆ (as pyridoxine HCl)	22 mg	1,294%
Folate (as calcium L-5-methyltetrahydrofolate) ¹	665 mcg DFE	166%
Vitamin B ₁₂ (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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¹As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany.

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