

Metabolic Co-Factor

Now with Quatrefolic®, the patented glucosamine salt of 5-methyltetrahydrofolate. Metabolic Co-Factor is a multiple vitamin and mineral formula, developed by Dr. Leo Galland, M.D., to support the metabolism and utilization of essential fatty acids.* For more information, please see Dr. Galland's book, The Fat Resistance Diet™, item #79105.

Suggested Use

As a dietary supplement, 6 capsules daily, or as directed by a healthcare practitioner.

Taking more than 400 µg of selenium per day from all sources should only be done under the guidance of a healthcare professional.

Variations in product color may occur. Keep in a cool, dry place, tightly capped.

*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.

Formulated exclusively for
Allergy Research Group®
Alameda, CA, 94502
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Metabolic Co-Factor



dietary supplement
180 vegetarian capsules

Supplement Facts

Serving Size 6 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value*	
Vitamin A (as Mixed Carotenoids)	2500 IU	50%
Vitamin C (78% as Ascorbic Acid and 22% as Ascorbyl Palmitate)	384 mg	640%
Vitamin D3 (as Cholecalciferol)	800 IU	200%
Vitamin E (as Mixed Tocopherols)	100 IU	333%
Thiamine (Vitamin B1)	20 mg	1330%
Riboflavin (Vitamin B2)	20 mg	1180%
Niacin (95% as Niacinamide and 5% as Niacin)	210 mg	1050%
Vitamin B6 (as Pyridoxine Hydrochloride)	25 mg	1250%
5-Methyltetrahydrofolate (From (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)	400 mcg	100%
Biotin	500 mcg	167%
Pantothenic Acid (as Calcium Pantothenate)	200 mg	2000%
Magnesium (as Magnesium Citrate)	250 mg	63%
Zinc (as Zinc Picolinate)	30 mg	200%
Selenium (as 50% Selenomethionine and 50% Sodium Selenite)	200 mcg	286%
Copper (as Copper Sebacate)	0.5 mg	25%
Manganese (as Manganese Sulfate)	10 mg	500%
Chromium (as Amino Acid Complex)	1 mg	833%
Molybdenum (as Sodium Molybdate)	1 mg	1330%
Silicon (as Horsetail Stems Extract)	2 mg	†
Vanadium (as Vanadyl Sulfate)	200 mcg	†
Boron (as Boron Citrate)	3 mg	†

† Daily Value not established. * Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.