



Metabolic Nutrition

Promotes optimal cell function

Supplement Facts

Serving Size: 1 scoop (11.1 g) Servings Per Container: 15

	Amount Per Serving	% Daily Value ‡
Calories	10	
Total Carbohydrate	3 g	1%*
Fiber	.5 g	2%*
Vitamin A (retinyl palmitate)	5,000 IU	100%
Vitamin C (ascorbic acid, calcium, magnesium, sodium ascorbate, ascorbyl palmitate)	1,000 mg	1,667%
Vitamin D3 (cholecalciferol)	4,000 IU	1,000%
Vitamin E (d-alpha, beta, gamma, delta tocopherols)	400 IU	1,333%
Vitamin K (K1(51mcg), K2 (MK4)(17mcg), K2 (MK7)(17mcg)	85 mcg	106%
Thiamin (thiamin HCl)	1 mg	67%
Riboflavin	1 mg	59%
Niacin	50 mg	250%
Vitamin B6 (pyridoxal 5-phosphate)	50 mg	2,500%
Folate (folic acid, (6S) 5-methyltetrahydrofolic acid glucosamine salt)	1000 mcg	250%
Vitamin B12 (methylcobalamin)	1 mg	16,667%
Biotin	200 mcg	67%
Pantothenic Acid (d-calcium pantothenate)	150 mg	1,500%
Calcium (citrate, pantothenate, carbonate)	200 mg	20%
Iodine (potassium iodide)	150 mcg	100%
Magnesium (glycinate, citrate, ascorbate)	76 mg	19%
Zinc (citrate)	15 mg	100%
Selenium (selenium amino acid chelate)	400 mcg	571%
Copper (citrate)	1 mg	50%
Manganese (citrate)	8 mg	400%
Chromium (polynicotinate)	500 mcg	417%
Molybdenum (molybdenum amino acid chelate)	25 mcg	33%
Sodium (bicarbonate, ascorbate)	40 mg	2%
Potassium (carbonate, bicarbonate, citrate)	500 mg	14%
Bromelain (1.6 gdu/mg)	25 mg	†
Oligofructose (from Citrisweet® natural sweetener)	520 mg	†
Quercetin dihydrate	25 mg	†
Glycine	100 mg	†
L-Carnitine Tartrate	50 mg	†
Lutein 5%	30 mg	†
Coenzyme Q10 Ubiquinone	50 mg	†

† Daily Value not established

‡ Daily Values are based on a 2,000 calorie diet

Other Ingredients: xylitol, citric acid, natural flavors, stevia, silica

Metabolic Nutrition is a multivitamin providing the following super bioavailable nutrients:

- ✓ Vitamin C (1 g)
- ✓ Vitamin D3 (4000 IU)
- ✓ Vitamin B6 (50 mg) as pyridoxal 5-phosphate (P-5-P)
- ✓ B12 (1 mg) in the form of methylcobalamin
- ✓ Folate (1000 mcg) in the form of 5-MTHF Quatrefolic®
- ✓ CoQ10 (50 mg)
- ✓ L-Carnitine Tartrate (50 mg)

This formulation was developed by practicing physicians and medical professors to offer a product which is therapeutic for treating common nutritional deficiencies.

Formulation Features

- Daily multivitamin in a natural lemon-lime flavored powder
- Promotes optimal metabolism and endocrine function



95% of our herbs and herbal extracts are certified organic or ecologically wildcrafted.

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The statements on this page have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease.



Supplementation

- 1 scoop daily for intensive therapeutic dosages, or 1 scoop every other day for maintenance dosages. Mix with water or juice, or as directed by a health care practitioner. Can be taken with or without food.

Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Eat small frequent meals with protein to maintain optimal blood sugar levels
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night



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