



# Metabolic Nutrition Capsules

*Optimized cell function with just 2 caps daily*

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

- ✓ Vitamin D3 (4000 IU)
- ✓ Vitamin K2 (240 mcg) in the form of MK7
- ✓ Vitamin B6 (20 mg) in the form of pyridoxal 5-phosphate (P-5-P)
- ✓ B12 (800 mcg) in the form of methylcobalamin
- ✓ Folate (800 mcg) in the form of MTHF
- ✓ 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. The easy 1-2 capsules per day dosage is designed to enhance patient compliance.

## Formulation Features

- Supplies therapeutic levels of bioactive vitamins and minerals
- Each bottle provides a convenient 1-2 month supply

## Supplement Facts

Serving Size: 2 capsules  
Servings Per Container: 30

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Palmitate) (2000 IU) 600 mcg RAE	67%
Vitamin C (as Ascorbic Acid)	150 mg 167%
Vitamin D3 (as Cholecalciferol) (4000 IU)	100 mcg 500%
Vitamin E (as D-Alpha Tocopheryl Acetate & Natural Vitamin E [Cov-ox®]) (150 IU)	100.5 mg 670%
Vitamin K2 (as Menaquinone MK-7)	240 mcg 200%
Vitamin B1 (from Thiamin HCl)	1000 mcg 83%
Vitamin B2 (Riboflavin)	6 mg 462%
Vitamin B3 (Niacin)	30 mg NE 188%
Vitamin B6 (as Pyridoxal-5-Phosphate)	20 mg 1,176%
Folate (as Calcium L-5 Methyltetrahydrofolate)	800 mcg DFE 200%
Vitamin B12 (as Methylcobalamin)	800 mcg 33,333%
Biotin (as D-Biotin)	200 mcg 667%
Vitamin B5 (as d-Calcium Pantothenate)	50 mg 1,000%
Calcium (from Dicalcium Phosphate)	40 mg 3%
Phosphorus (from Dicalcium Phosphate)	30 mg 2%
Iodine (from Potassium Iodide)	150 mcg 100%
Magnesium (from Magnesium-L-Threonate and Magnesium Citrate)	15 mg 4%
Zinc (from Zinc Citrate)	10 mg 91%
Selenium (as L-Selenomethionine)	200 mcg 364%
Copper (from Cupric Citrate)	1,000 mcg 111%
Manganese (from Manganese Citrate)	7 mg 304%
Chromium (from Chromium Polynicotinate)	500 mcg 1,429%
Molybdenum	100 mcg 222%
L-Carnitine Tartrate	50 mg †
Coenzyme Q10 (Ubidecarenone)	50 mg †

† Daily Value not established

Other ingredients: Hydroxypropyl Methylcellulose, Rice Concentrate (Nu-Flow®), Food Starch-Modified, Organic Rice Extract Blend (Nu-Mag®), Maltodextrin, Silica

DFE-Dietary Folate Equivalent

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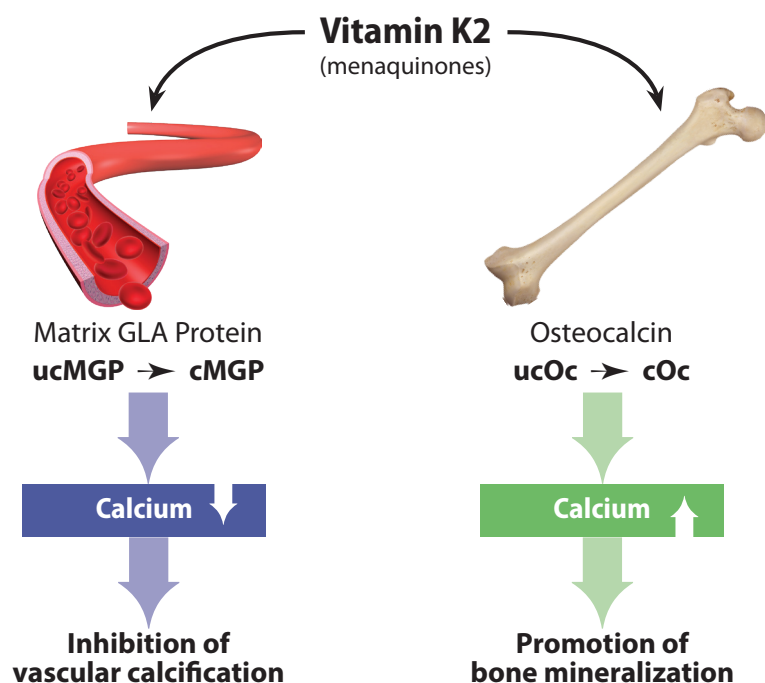
95% of our herbs and herbal extracts are certified organic.

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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.



## Vitamin K2 Supports Bone Mineralization



## Supplementation

- Take two capsules daily.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night



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