

Metabolic Co-Factor



Item #74710
180 Vegetarian Capsules

Metabolic Co-Factor is a multiple vitamin and mineral formula, developed by Dr. Leo Galland, M.D., to support the metabolism and utilisation of essential fatty acids. For more information, please see Dr. Galland's book, The Fat Resistance Diet™, item #79105.

Serving Size 6 capsules
Servings Per Container 30

Amount per serving:

Vitamin A (as Mixed Carotenoids)	2500 IU
Vitamin C (78% as Ascorbic Acid and 22% as Ascorbyl Palmitate)	384 mg
Vitamin D3 (as Cholecalciferol)	800 IU
Vitamin E (as Mixed Tocopherols)	100 IU
Thiamine (Vitamin B1)	20 mg
Riboflavin (Vitamin B2)	20 mg
Niacin (95% as Niacinamide and 5% as Niacin)	210 mg
Vitamin B6 (as Pyridoxine Hydrochloride)	25 mg
Folic Acid	800 mcg
Biotin	500 mcg
Pantothenic Acid (as Calcium Pantothenate)	200 mg
Magnesium (as Magnesium Citrate)	250 mg
Zinc (as Zinc Picolinate)	30 mg
Selenium (as Selenomethionine)	200 mcg
Copper (as Copper Sebacate)	2 mg
Manganese (as Manganese Sulfate)	10 mg
Chromium (as Amino Acid Complex)	1 mg
Molybdenum (as Sodium Molybdate)	1 mg
Choline Bitartrate	100 mg
Inositol	100 mg
Silicon (as Horsetail Stems Extract)	2 mg
Vanadium (as Vanadyl Sulfate)	200 mcg
Boron (as Boron Citrate)	3 mg

Other ingredients: Hydroxypropyl methylcellulose, cellulose, silicon dioxide, L-leucine.

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

DO NOT EXCEED 400 MICROGRAMS OF SELENIUM PER DAY FROM ALL SOURCES.