

**DIRECTIONS:** Three (3) capsules  
1-2 times daily, or as directed by a  
healthcare professional. Best taken  
between meals or at bedtime.

**CAUTION:** Pregnant or lactating women,  
or individuals taking prescription  
medications, consult your healthcare  
professional before taking this product.

Keep tightly closed in a cool, dry place,  
out of the reach of children.



EGG FREE



GLUTEN FREE



FREE OF NUTS



DAIRY FREE

 **Quatrefolic\*** is a registered trademark  
of Gnosis S.p.A. U.S. Patent No. 7,947,662

\*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.

Manufactured in a GMP Compliant Facility  
Metabolic Maintenance®  
601 N Larch Street, Sisters, Oregon 97759  
Contact # 800-772-7873  
MetabolicMaintenance.com



DIETARY SUPPLEMENT

## MetaCalm® Stress Regulation Formula\*

90 CAPSULES

## Supplement Facts

Serving Size: 3 capsules Servings Per Container: 30

Amount Per Serving	% Daily Value	
Vitamin C (as Ascorbic Acid)	40 mg	44%
Vitamin B-6 (as Pyridoxal 5' Phosphate)	25 mg	1471%
Folate (200 mcg as L-5-Methylfolate, glucosamine salt)	333 mcg DFE	83%
Vitamin B-12 (as Methylcobalamin)	30 mcg	1250%
Magnesium (as Magnesium Glycinate)	300 mg	71%
Zinc (as Zinc Glycinate)	10 mg	91%
Selenium (as L-Selenomethionine)	70 mcg	127%
GABA (Gamma Aminobutyric Acid)	300 mg	*
Taurine	300 mg	*
5-HTP (5-Hydroxytryptophan)	100 mg	*
Inositol	100 mg	*
L-Theanine (Suntheanine®)	100 mg	*

\* Daily Value not established for this ingredient

Other ingredients: vegetarian cellulose capsule, L-leucine  
Suntheanine® is a registered trademark of Taiyo International, Inc.

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