



Glycogenics®

Complete, Well-Balanced B-Complex Formula*

Form: Tablets

Flavor:

Size: 180 Tablets

Glycogenics is a balanced B-complex formula that features a blend of B vitamins and complementary nutrients.

Benefits:

- Promotes healthy homocysteine metabolism, energy metabolism, and a healthy stress response*

Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Tablet	
Servings Per Container	180	
Vitamin C (as ascorbic acid)	125 mg	139%
Thiamin (as thiamin mononitrate)	14 mg	1,167%
Riboflavin	16 mg	1,231%
Niacin (as niacinamide and niacin)	200 mg	1,250%
Vitamin B ₆ (as pyridoxine HCl)	22 mg	1,294%
Folate (as calcium L-5-methyltetrahydrofolate) [†]	665 mcg DFE	166%
Vitamin B ₁₂ (as methylcobalamin)	250 mcg	10,417%
Biotin	250 mcg	833%
Pantothenic Acid (as D-calcium pantothenate)	75 mg	1,500%
Choline (as choline bitartrate)	100 mg	18%
Myo-Inositol	94 mg	*
<i>para</i> -Aminobenzoic Acid (PABA)	15 mg	*

*Daily Value not established.

[†]As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany

Other Ingredients: Microcrystalline cellulose, stearic acid (vegetable), silica, magnesium stearate (vegetable), and coating (hypromellose, medium-chain triglycerides, and hydroxypropylcellulose).

Directions: Take one tablet twice daily or as directed by your healthcare practitioner.

This product is non-GMO, gluten-free, and vegetarian.

Caution: Keep out of the reach of children. If pregnant or nursing, or taking other nutritional supplements or medication, consult your healthcare practitioner before use.

Storage: Keep tightly closed in a cool, dry place.