



Formulas I and II

Formulas I and II are the primary multi-vitamin/mineral supplements used in the initial balancing phase for the Group I and II Metabolic Types, respectively. Each formula is intentionally restricted to the vitamins and minerals most suitable for helping to “drive” the individual towards Metabolic balance.

- Formulated according to the principles outlined by George Watson, Ph.D. in his classic work *Nutrition and Your Mind*
- *Formula I* contains vitamins and minerals selected to help balance Slow Oxidizers and Sympathetics
- These nutrients help acidify the overly alkaline Slow Oxidizers and alkalize the overly acidic Sympathetics
- *Formula II* contains vitamins and minerals selected to help balance Fast Oxidizers and Parasympathetics
- These nutrients help alkalize the overly acidic Fast Oxidizers and acidify the overly alkaline Parasympathetics
- Supplements from the opposite group can exacerbate a pH imbalance in the same way that certain foods can
- In certain cases, the Group I version of a particular nutrient (e.g. beta carotene, niacin and ascorbic acid) appears in *Formula I* while the Group II version of the same nutrient (e.g. vitamin A, niacinamide and calcium ascorbate) appears in *Formula II*
- After the initial balancing phase, which typically lasts 2-3 months, it is recommended that individuals switch to *Formula III*
- Suggested dose is six capsules daily, in divided doses taken with meals
- Vegetarian capsules

Formula I

Supplement Facts		
Serving Size 6 Vegetarian Capsules • Servings Per Container 30		
Amount Per Serving		% DV
Vitamin A (as beta carotene)	12,000 iu	240%
Vitamin C (as ascorbic acid)	1,000 mg	1667%
Vitamin D3	500 iu	125%
Thiamin (as thiamin mononitrate)	25 mg	1667%
Riboflavin	25 mg	1471%
Niacin	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	25 mg	1250%
Folic Acid	400 mcg	100%
Biotin	200 mcg	67%
Magnesium (as magnesium aspartate)	150 mg	38%
Copper (as copper aspartate)	1 mg	50%
Manganese (as manganese aspartate)	5 mg	250%
Chromium (as chromium Nicotinate)	100 mcg	83%
Potassium (as potassium aspartate)	99 mg	3%
PABA (para-aminobenzoic acid)	100 mg	*

Other ingredients: cellulose, magnesium stearate

Formula II

Supplement Facts		
Serving Size 6 Capsules • Servings Per Container 30		
Amount Per Serving		% DV
Vitamin A (as vitamin A palmitate)	10,000 iu	200%
Vitamin C (as calcium ascorbate)	1,000 mg	1667%
Vitamin E (as d-alpha tocopheryl acid succinate)	200 iu	667%
Vitamin B3 (as niacinamide)	100 mg	500%
Vitamin B12 (as cyanocobalamin)	100 mcg	1667%
Pantothenic Acid (as calcium pantothenate)	100 mg	1000%
Calcium (as calcium ascorbate / phosphate / citrate)	500 mg	50%
Phosphorus (as calcium phosphate)	40 mg	4%
Iodine (as sea kelp)	150 mcg	100%
Zinc (as zinc citrate)	10 mg	67%
Choline (as choline bitartrate)	50 mg	*
Inositol	50 mg	*

Other ingredients: cellulose and magnesium stearate

Formula I (180 Capsules) Item # PMN 101

Formula II (180 Capsules) Item # PMN 102

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.*

Personalized Metabolic Nutrition

(800) 772-0646/ Fax (415) 257-3519 / pmn@meta-typing.com