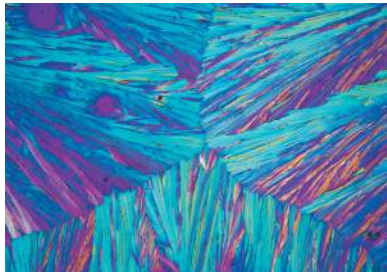


# THORNE

R E S E A R C H



## METHYL-GUARD®

**180 VEGETARIAN CAPSULES**

**DIETARY SUPPLEMENT**

### Supplement Facts

Serving Size: Three Capsules

Servings Per Container: 60

| Three Capsules Contain:                                                                            |         | % DV    |
|----------------------------------------------------------------------------------------------------|---------|---------|
| Vitamin B6 (as Pyridoxal 5'-Phosphate)                                                             | 20.4 mg | 1,020%  |
| Folate (as L-5-Methyltetrahydrofolate from<br>L-5-Methyltetrahydrofolic Acid,<br>Glucosamine Salt) | 1.2 mg  | 300%    |
| Vitamin B12 (as Methylcobalamin)                                                                   | 1.2 mg  | 20,000% |
| Betaine Anhydrous (Trimethylglycine)                                                               | 1.8 g   | *       |

\*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Calcium Citrate Laurate, Silicon Dioxide.

Suggested Use: Take 3 capsules two times daily or as recommended by your health-care practitioner.

Tamper Evident: Use only if bottle is sealed.

If pregnant, consult your health-care practitioner before using this product.

Store tightly sealed in a cool, dry place.



Manufactured By: Thorne Research, Inc.  
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