

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

Methyl-Plex B™ is a comprehensive formula designed to support healthy homocysteine levels and optimal methylation.* The 5-MTHF in this formula, Quatrefolic®, is the most biologically active form of folate, allowing rapid uptake into the bloodstream.* The 5-MTHF in this formula is also known as the "L" form of 5-MTHF since it is the reduced form of folate. B vitamins are provided in their active forms to support enhanced methylation and cardiovascular health.*

*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.

CAUTION: Keep out of reach of children.

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

CONTAINS NO: Wheat, gluten, corn protein, yeast, soy, animal or dairy products, artificial colors, sweeteners or preservatives.



NUMEDICA®

ACHIEVING PHYSIOLOGICAL BALANCE

Comprehensive Methylation Support*

Methyl-Plex B™

Helps Regulate Healthy Homocysteine Levels*

60 Vegetable Capsules

GOLD MEDALLION FORMULA

DIETARY SUPPLEMENT | PROFESSIONAL USE ONLY



Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

	Amount	% Daily Value
Vitamin B-2 (as riboflavin-5'-phosphate)	25 mg	1,470 %
Vitamin B-6 (as pyridoxal-5'-phosphate)	25 mg	1,250 %
Folate (400 mcg 6(S)-5-methyltetrahydrofolic acid, glucosamine salt† and 400 mcg folic acid)	800 mcg	200 %
Vitamin B-12 (as methylcobalamin)	1,000 mcg	16,667 %
Trimethylglycine (as anhydrous betaine)	500 mg	**

** Daily value not established.

Other Ingredients: HPMC (vegetable capsule), MCC (microcrystalline cellulose), rice flour, ascorbyl palmitate, silica.

†As Quatrefolic® 5-MTHF. Quatrefolic® is a registered trademark of Gnosis S.p.A. Patent number 7,947,662.

This Formula Meets or Exceeds cGMP Quality Standards.

Vegetable Capsules

ACTIVATED B-VITAMINS

RAPID UPTAKE 5-MTHF
BIOLOGICALLY ACTIVE FOLATE

NuMedica®

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Gluten Free