

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations

1 capsule once or twice daily with food, or
as directed by your healthcare professional.

Warning

If pregnant, consult your physician before
taking.

EXCLUDES COATINGS, BINDERS, GLUTEN (WHEAT,
RYE, BARLEY)[†], MILK/DAIRY (CASEIN, WHEY)[†], SOY
PROTEIN[†], EGG PROTEIN[†], SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING

Metafolin® is a registered trademark of Merck
KGaA, Darmstadt, Germany



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VITAL
NUTRIENTS

B-12 / Methyl Folate
1000mcg/800mcg

DIETARY SUPPLEMENT
100 VEGETARIAN CAPSULES

Supplement Facts

serving size: 1 vegetarian capsule
servings per container: 100

	amount per serving	% daily value
Folate (as L-5-MTHF) Metafolin®	800mcg	200%
Vitamin B12 (as methylcobalamin)	1000mcg	16666%

Other Ingredients: Cellulose, Vegetable
Cellulose Capsule, Rice Powder and
Ascorbyl Palmitate.

Raw materials and finished products are
independently tested by U.S. labs.
Learn more at vitalnutrients.net

manufactured by
VITAL NUTRIENTS
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