

USAGE: Take 1 capsule per day with food or as directed by your qualified healthcare professional.

NOTE: The elderly should frequently check B₁₂ status when taking folate as folate may mask pernicious anemia. If you have a medical condition, are under the age of 18, or taking medications (especially antiepileptic and chemotherapy medications), consult your healthcare professional before using this product.

Methyl Folate ((6S)-5-methyltetrahydrofolate or (6S)-5-MTHF) is the most biologically active form of folate. **Quatrefolic®** is the 4th generation development in folate delivery. With certain inherited errors in metabolism and physiologic stresses, the transformation of synthetic folic acid into the active form of folate is inadequate.* Unlike folic acid, 5-MTHF can cross the blood-brain barrier.*

HEALTH CLAIM: Healthful diets with adequate folic acid may reduce a woman's risk of having a child with certain brain or spinal cord defects.

Keep out of the reach of children.

* 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.

Lot #. Best Used Before:

Jarrow
FORMULAS

(6S)-5-methyltetrahydrofolate
glucosamine salt

Methyl Folate



The More Stable, More Bioavailable
Form of Folate*

400

MICROGRAMS

60

VEGGIE CAPS

DIETARY

SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% DV
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolate Glucosamine Salt)	400 mcg DFE†	100%

† Dietary Folate Equivalents.

Other Ingredients: Cellulose and magnesium stearate (vegetable source). Capsule consists of hydroxypropylmethylcellulose. No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Quatrefolic® is a registered trademark of Gnosis S.p.A. Protected by U.S. Patent # 7,947,662.

Suitable for vegetarians/vegans.



122175MTHF

PROD # 130006

Distributed Exclusively by:
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