Recommended Dose: Adults and Children (4 years and older): Chew 1 tablet daily or as recommended by your health professional. Warning: If you are pregnant or lactating, have any health condition or are taking any medication. consult your health professional before use. Keep out of the reach of children. Use only if safety seal is intact. Store in a cool, dry place.

[‡]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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Active Chewable B₁₂ with L-Methylfolate

Dietary Supplement

Natural Cherry Flavor Supports red blood cell function, energy metabolism

and neurological health 60 CHEWARI F TABLETS

Supplement Facts

Serving Size 1 Tablet

Servings per container ou		
	Amount Per Serving	% DV
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B ₁₂ (as methylcobalamin)	1,000 mcg	41,667%
% Daily value (DV)		

Other ingredients: Cellulose, xvlitol, mannitol, hyprolose, silica, magnesium stearate, natural cherry flavor

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

