

Vitamins

Family owned since 1968.



Suggested Usage: Take 1 capsule daily with a meal.

Methylfolate is the biologically active, naturally occurring form of folate that is used for fundamental body functions like normal cell division and the synthesis of neurotransmitters and DNA.* Unlike regular folic acid, methylfolate has been shown to penetrate the blood-brain barrier, where it helps to support neurological health.* Quatrefolic® is a patented form of methylfolate that has demonstrated bioavailability superior to that of folate from dietary sources.

Caution: For adults only. The elderly and individuals with conditions that may impair vitamin B-12 absorption should frequently check vitamin B-12 status when taking this product as high-dose folic acid may mask vitamin B-12 deficiency. Consult physician if pregnant/nursing, taking medication (especially phenobarbital, phenytoin, primidone, and methotrexate), or have a medical condition (especially any condition involving nutrient malabsorption). Keep out of reach of children.

Methyl Folate

5,000 mcg

Co-Enzyme B Vitamin

- Metabolically Active Folate*
- Superior Bioavailability

50 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Folate	8,333 mcg DFE [5,000 mcg (6S)-5-MTHF**]	2083%
[from Quatrefolic® (6S)-5-MTHF** Glucosamine Salt]		

Other ingredients: Microcrystalline Cellulose, Hypromellose (cellulose capsule) and Stearic Acid (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.

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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

*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.

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

**MTHF = Methyltetrahydrofolate



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