



Carlson

Quatrefolic® Methyl Folate

400 mcg • Superior Bioavailability

DIETARY SUPPLEMENT

✓ Prenatal Support* ✓ Brain Function* ✓ Women's Health*

60 Vegetarian Capsules

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

Amount Per Serving	% DV for Adults & Children 4 or more years of age	% DV for Pregnant Women & Lactating Women
Folate 400 mcg DFE (from (6S)-5 methylfolate, glucosamine salt) †	100%	67%

Other ingredients: Microcrystalline cellulose, magnesium stearate (veg.), silicon dioxide, hypromellose capsule.

Directions: Adults and pregnant or lactating women: take one capsule once daily **at mealtime**.

✓ **Gluten-free** ✓ **No Artificial Preservatives**

 **Quatrefolic®** is a registered trademark of GnosisS.p.A., Patent No. 7,947,662

Methyl Folate is the active form of folate that bypasses the need for conversion and can be immediately utilized by the body. Methyl Folate plays an important role in prenatal support.* Since it crosses the blood-brain barrier, it also provides neurological support.*

POTENCY & QUALITY GUARANTEED

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