



Quatrefolic®

# Methyl Folate

400 mcg • Superior Bioavailability

DIETARY SUPPLEMENT

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

120 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 120

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

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 Gnosis S.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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