

St. John's Wort with Folate and B₁₂ features a premium extract of St. John's wort, standardized to 0.3% hypericins, which has been shown to support a calm, positive mood. The formula also supplies targeted B vitamins that support a healthy mental state.*

Directions: Use as directed by your healthcare practitioner. Recommend to take on an empty stomach.

This product is non-GMO, gluten-free, and vegetarian.

Warning: Do not use if pregnant or nursing. Do not use before surgery.

Caution: If taking medication—including blood thinning medication or any medication related to mood modulation—consult your healthcare practitioner before use. Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Keep out of the reach of children.

Storage: Keep tightly closed 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.



St. John's Wort with Folate and B₁₂

Mood Support Formula*

DIETARY
SUPPLEMENT

60 TABLETS

PRACTITIONER EXCLUSIVE

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 60

Amount Per Serving	% Daily Value	
Folate (as calcium L-5-methyltetrahydrofolate [†])	400 mcg	100%
Vitamin B ₁₂ (as methylcobalamin)	250 mcg	4,167%
St. John's Wort (<i>Hypericum perforatum</i> L.) Aerial Parts Extract [standardized to 0.3% (1.35 mg) hypericins]	450 mg	*

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, silica, stearic acid (vegetable), and coating (hypromellose, medium-chain triglycerides, and hydroxypropylcellulose).

MANUFACTURED BY: METAGENICS
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[†]As Metafolin® U.S. Patent 6,254,904.

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