



Blisphora[®]

- Formulated to support a healthy mood and methylation*
- Features SAME, folate, and vitamin B₁₂

PRACTITIONER EXCLUSIVE

Dietary Supplement
30 TABLETS

Blisphora[®] features SAME (s-adenosyl-L-methionine), a compound native to the body that is a component of many biochemical reactions. This formula combines folate (the next generation of folate with improved bioavailability) and vitamin B₁₂ (as easy-to-absorb methylcobalamin) to support SAME metabolism, methylation, and healthy neurotransmitter synthesis for a balanced mood. Foil-wrapped, enteric-coated tablets ensure product stability.*

Directions: Take one tablet daily 30 minutes before a meal on an empty stomach with water or as directed by your healthcare practitioner.

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

Warning: Do not use if pregnant or nursing.

Caution: If you have a history of psychiatric disorders or if you are taking medication, particularly antidepressants such as MAO inhibitors or selective serotonin reuptake inhibitors (SSRIs), consult your healthcare practitioner prior to use. Keep out of the reach of children.

Storage: Keep in a cool, dry place.

*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.

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 30

Amount Per Tablet	% Daily Value	
Folate	1,665 mcg DFE	416%
[from (6S)-5-methyltetrahydrofolic acid, glucosamine salt [†]]		
Vitamin B ₁₂ (as methylcobalamin)	1,000 mcg	41,667%
S-Adenosyl-L-Methionine (SAME) (as SAME disulfate p-toluenesulfonate)	400 mg	*

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, magnesium stearate (vegetable), stearic acid (vegetable), silica, mannitol, carboxymethylstarch sodium salt, and coating (methacrylic acid copolymer, triethyl citrate, titanium dioxide, and silica).

DISTRIBUTED BY: METAGENICS

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This product is manufactured in a facility that produces products containing wheat, gluten, milk, egg, soy, fish, and crustacean shellfish ingredients.

[†]Quatrefolic[®] is a registered trademark of Gnosis S.P.A., U.S. Patent No.7,947,662.

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