

SUGGESTED USE: 1 CAPSULE PER DAY OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

WARNING: IF TAKING MEDICATION, PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING.

KEEP OUT OF REACH OF CHILDREN.
STORE SEALED IN A COOL, DRY PLACE.

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

Manufactured For:
Moss Nutrition
Products, Inc.
380 Russell Street
Hadley, MA 01035
800-851-5444



WWW.MOSSNUTRITION.COM



With Activated B12 & Methylfolate

Dietary Supplement
60 Vegetarian Capsules

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

	Amount Per Serving	% DV
Thiamin (as thiamin HCl)	100 mg	6,667%
Vitamin B2 (as riboflavin 35 mg, riboflavin-5'-phosphate 20 mg)	55 mg	3,235%
Vitamin B3 (as niacinamide)	55 mg	275%
Vitamin B6 (as pyridoxine HCl 20 mg, pyridoxal-5-phosphate 5 mg)	25 mg	1,250%
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid, Glucosamine salt)	200 mcg	50%
Vitamin B12 (as methylcobalamin)	250 mcg	4,167%
Biotin	2000 mcg	667%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1,000%
Choline Bitartrate	100 mg	**
Inositol	100 mg	**

** Daily Value (DV) not established.

Other ingredients: Cellulose (capsule), dicalcium phosphate, L-leucine, silicon dioxide.

Does not contain gluten.