pure encapsulations

www.PureEncapsulations.com/QualityControl See Supplement Facts for specific product detail Recommendations: As a dietary

supplement take 4-6 capsules daily, in divided doses, with meals, Tamper Resistant: Use only if safety seal is intact

Warning: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Keep out of the reach of children.

Metafoline is a registered trademark of Merck KGaA, Darmstadt, Germany.



## Nutrient

without copper & iron

hypoallergenic

dietary supplement 90 CAPSULES

## Supplement Facts

serving size 6 capsules servings per container 15

amount	per serving	% daily value
amin A (as beta carotene)	15,000 iu	300%
amin C (as ascorbic acid)	1,000 mg	1,667%
amin D (as cholecalciferol)(D <sub>3</sub> )	800 iu	200%
amin E d-alpha tocopherol succinate)	400 iu	1,333%
iamin (as thiamin HCI) (B <sub>1</sub> )	100 mg	6,667%
boflavin (vitamin B <sub>2</sub> )	50 mg	2,941%
acin (as niacinamide)	100 mg	500%
amin B <sub>6</sub> (as pyridoxine HCI)	25 mg	1,250%
late (as Metafolin®, L-5-MTHF)	800 mcg	200%
amin B <sub>12</sub>	1,000 mcg	16,667%

nethylcobalamin)	1,000 mcg	10,001 %
n	800 mcg	267%
othenic acid alcium pantothenate) (B <sub>4</sub> )	400 mg	4,000%
ium (as calcium citrate)	300 mg	30%
e (as potassium iodide)	200 mcg	133%
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- 11	Zinc ias zinc picolinate)	ZO IIIY	
ı	Selenium (as selenomethionine)	200 mcg	
	Manganese (as manganese aspartate)	5 mg	
	Chromium (as chromium polynicotinate)	200 mg	
	Molybdenum (as molybdenum aspartate)	100 mcg	
1	Potassium (as potassium aspartate)	99 mg	

Boron (as boron glycinate)	2 mg	
Vanadium (as vanadium aspartate)	200 mcg	,
Inositol hexaniacinate	90 mg	
Riboflavin 5' phosphate (activated B <sub>2</sub> )	25 mg	
Pyridoxal 5' phosphate (activated 8 <sub>e</sub> )	25 mg	•
Mixed carotenoid proprietary blend (as lutein, lycopene, zeaxanthin)	850 mog	

other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)

\*Daily value not established

CHROMEMATE\* ChromeMate\* brand

ChromeMate® is a registered trademark of InterHealth, N.I.

