

Manufactured by: Douglas Laboratories
600 Boyce Road, Pittsburgh, PA 15205
www.douglaslabs.com 1.800.245.4440

Suggested Usage: As a dietary supplement, adults take 3 capsules daily or as directed by your health professional.

Warning: If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.

Gluten-free, Non-GMO

†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.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula #201329 V3

Homocystrol® + TMG

Dietary Supplement

Methylation support†



90 Vegetarian Capsules

Supplement Facts

Serving Size 3 Vegetarian Capsules
Servings Per Container 30

	Amount Per Serving	%DV
Riboflavin	50 mg	3,846%
(as riboflavin-5-phosphate)		
Vitamin B ₆	50 mg	2,941%
(as pyridoxal-5-phosphate)		
Folate (as Metafolin®, L-5-MTHF)....	1,333 mcg DFE	333%
(800 mcg L-5-MTHF)		
Vitamin B ₁₂	1,000 mcg	41,667%
(as methylcobalamin)		
Choline	150 mg	27%
(from choline bitartrate)		
Magnesium (as magnesium amino acid chelate)	50 mg	12%
Trimethylglycine	1,000 mg	*
(betaine)		

*Daily Value (DV) not established

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, vegetable stearate and silica

3



9



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