


CONTAINS NO Artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Unlike folic acid, Quatrefolic® 5-Methylfolate is the biologically active form of folate. Methylfolate is required to support cardiovascular and cognitive health, as well as the production of new cells and maintain healthy homocysteine levels.† Due to the combination of certain metabolic mutations, poor detoxification, increased stressors and insufficient absorption, our ability to transform folic acid into the active folate form may be inadequate.† Quatrefolic® 5-Methylfolate is bound to a glucosamine salt, which can enhance absorption.†

 **Quatrefolic**® is a registered trademark of Gnosis S.P.A. Protected by U.S. Patent # 7,947,662.

**PURITY + POTENCY
GUARANTEED**



To report a serious adverse event, call 1-888-710-0006

†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.



**NATURAL
NUTRA**

METHYL FOLATE 400 mcg 5-MTHF

Supports cardiovascular, brain,
and cellular health†



90 VEGAN TABLETS

DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size 1 Tablet
Servings Per Container 90

Amount Per Serving	% Daily Value
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Folate (from 800 mcg Quatrefolic® 5-methyl-tetrahydrofolate glucosamine) .. 667 mcg DFE (400 mcg 5-MTHF)	167%
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OTHER INGREDIENTS: CELLULOSE, SILICA,
STEARIC ACID (VEGETABLE SOURCE),
CALCIUM STEARATE (VEGETABLE SOURCE).

Formulated for Hurd Dynamics LLC, DBA Natural
Nutra, Tampa, FL 33615 WWW.NATNUTRA.COM

SUGGESTED USE: Take one tablet daily
with or without food, or as recommended by
a healthcare practitioner.

KEEP OUT OF REACH OF CHILDREN.