

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

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.



Scan to learn about our hypoallergenic supplements

Use only if safety seal is intact.

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

Certified Gluten-Free by the Gluten-Free Certification Organization, www.gluten.org



B₁₂ Folate

*With Metafolin® L-5-MTHF;
Supports red blood cell function, energy metabolism and neurological health¹*

**Gluten-free, Non-GMO
& Hypoallergenic**

Dietary Supplement

30 CAPSULES



Supplement Facts		
Serving size 1 capsule Servings per container 30		
Amount Per Serving	%DV	
Folate (as Metafolin®, L-5-MTHF)	1,333 mcg DFE (800 mcg L-5-MTHF)	333%
Vitamin B ₁₂ (as methylcobalamin)	800 mcg	33,333%
% Daily value (DV)		

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

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

***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.**