

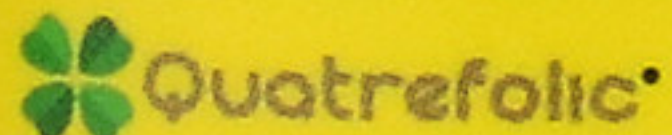
USAGE: Dissolve in mouth or chew 1 tablet per day or as directed by your qualified healthcare professional.
NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Jarrow Formulas® Methyl B-12, Methylfolate Plus Pyridoxal-5-Phosphate (P5P) Tablet combines the active forms of these vitamins to support DNA and neurotransmitter synthesis and amino acid metabolism.* Homocysteine is converted to methionine by methylfolate and B₁₂, and to cysteine by P5P-dependent enzymes.*

**Keep out of the reach of children.
Store in a cool, dry place.**

* 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.

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



Lot #. Best Used Before:

65774J20 10/22

Distributed Exclusively by
Jarrow FORMULAS®
Superior Nutrition and Formulations
Los Angeles, CA 90035-4317
www.Jarrow.com
(866) 459-4154

Jarrow
FORMULAS®

Methyl B-12 & Methyl Folate

1000
MICROGRAMS

400
MICROGRAMS

Plus
P-5-P
(Vitamin B₆)

**Energy Production
and Brain Function***



**LEMON
FLAVOR**

**100 CHEWABLE
TABLETS**



**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 100

	Amount Per Serving	% DV
Vitamin B ₆ (as Pyridoxal-5-Phosphate)	1.5 mg	90%
Folate	680 mcg DFE†	170%
(400 mcg as (6S)-5-MTHF [from Quatrefolic® (6S)-5-Methyltetrahydrofolate Glucosamine Salt])		
Vitamin B ₁₂ (as Methylcobalamin)	1,000 mcg	41,670%

† Dietary Folate Equivalents.

Other Ingredients: Xylitol, cellulose, stearic acid (vegetable source), natural lemon flavor, citric acid, magnesium stearate (vegetable source), silicon dioxide and rebiana (stevia extract).

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suitable for vegetarians/vegans.

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PROD # 118018



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FILL LINE