

Suggested Use: Take 2 capsules daily or as directed by a health professional.

- ▶ Supports healthy methylation, neurological, cardiovascular and emotional health**
- ▶ Contains activated folate (5-MTHF), activated B vitamins (vitamin B12 as methylcobalamin; vitamin B6 as P-5-P) and natural-source choline (from grape fermentation)
- ▶ Choline supports synthesis of acetylcholine, a key neurotransmitter, which supports cell membrane health as well as fat and cholesterol metabolism**



We are proud to offer many OU Kosher Certified products.



Keep out of reach of children.

****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.**

Lot# 000000-2086 R20-0506 R1.2

PREMIER
RESEARCH LABS

Phyto Methylate™

**Activated Folate & Activated
B Vitamins with Choline**

*Advanced Methylation, Neurological & Cardiovascular Support***

DIETARY SUPPLEMENT 
60 PLANT-SOURCE CAPSULES

- ✓ PRL's Quality Guarantee
- ✓ Pure Vegan
- ✓ Purity Verified
- ✓ Activated Vitamin B Forms
- ✓ Potency Verified
- ✓ Tested for Adulterants
- ✓ No Radiation Sterilization
- ✓ Pathogen Microbiology Performed
- ✓ Heavy Metal Tested
- ✓ FDA-Monitored cGMP Facility

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value *
Vitamin B6 (as Pyridoxal-5-Phosphate) 25 mg	1,470%
Folate (as 5-Methyltetrahydrofolate) 680 mcg DFE	170%
Vitamin B12 (Methylcobalamin) 1,000 mcg	41,670%
Choline (as Choline Bitartrate from grape fermentation) 110 mg	20%
Green Methyl Support	558 mg *
Organic Rice Concentrate (<i>Oryza sativa</i>), Organic Barley (leaf) (<i>Hordeum vulgare</i>), Organic Oat Grass (<i>Avena sativa</i>), Organic Parsley (leaf) (<i>Petroselinum crispum</i>)	

*Daily Value Not Established

Other Ingredients: Plant-Source Capsules (cellulose, water)

Tamper Seal: Use only if seal is intact. Consult your health care practitioner if you are pregnant/nursing, taking medications or have a medical condition, before taking this or any other product. Store in a cool, dry place.