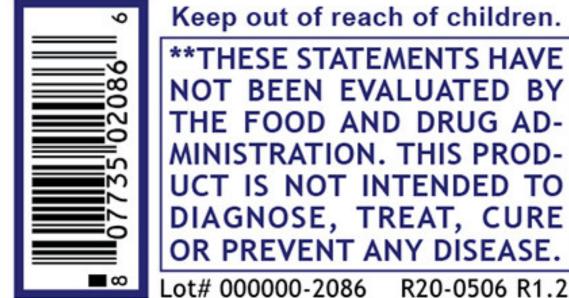
Suggested Use: Take 2 capsules daily or as directed by a health professional.

- Supports healthy methylation, neurological, cardiovascular and emotional health**
- Contains activated folate (5-MTHF), activated B vitamins (vitamin B12 as methycobalamin; 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.





Phyto Methylate™

Activated Folate & Activated B Vitamins with Choline

Advanced Methylation, Neurological & Cardiovascular Support**

DIETARY SUPPLEMENT (U)
60 PLANT-SOURCE CAPSULES



ology Performed

Heavy Metal

FDA-Monitored

cGMP Facility

Tested

*Daily Value Not Established

(Petroselinum crispum)

Choline (as Choline Bitartrate

from grape fermentation) 110 mg

Green Methyl Support

Serving Size 2 Capsules

Amount Per Serving

Servings Per Container 30

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

Supplement Facts

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%

Organic Rice Concentrate (Oryza sativa), Or-

ganic Barley (leaf) (Hordeum vulgare), Organic

Oat Grass (Avena sativa), Organic Parsley (leaf)

% Daily Value *

20%

558 mg *

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.