

Healthy Origins®

— SINCE 1996 —

BIOACTIVE

NEW LOOK

METHYL FOLATE

The more stable, bioavailable,
and soluble form of folate*



800 MCG • 120 VEGGIE CAPS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetarian Capsule

Servings per Container: 120

	Amount per Serving	% Daily Value
Vitamin C (as L-ascorbic acid)	40 mg	67%
Folate (as Quatrefolic®) (6S)-5-Methyltetrahydrofolate (MTHF) (elemental, as 1,600 mcg (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	800 mcg	200%

Percent daily values (DV) are based on a 2,000 calorie diet.

Other Ingredients: Vegetarian Capsule (Cellulose, Water), Microcrystalline Cellulose.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, peanut, or tree nut derived ingredients.

Manufactured in a cGMP facility.



Caution: Consult a physician before use if you are pregnant, nursing, taking medication or have a medical condition.

Distributed by: Healthy Origins®

Pittsburgh, PA 15241, USA | 1-888-228-6650

Directions: As a dietary supplement for adults, take one (1) vegetarian capsule daily, preferably with a meal, or as directed by a physician.

Healthy Origins® BioActive Methyl Folate (featuring Quatrefolic®) is the more stable, bioavailable, and soluble form of folate. Traditional folic acid supplements are not biologically active and need to be converted to the metabolically active 5-Methyltetrahydrofolate (5-MTHF) form. This conversion is done through a multi-step process in the body where the enzyme Methylenetetrahydrofolate reductase (MTHFR) plays a key role. Some individuals, due to their unique genetic patterns and expression, have polymorphic forms of this enzyme and do not produce adequate or effective MTHFR. Inadequate or ineffective MTHFR enzyme production makes the conversion of folic acid to active 5-MTHF very difficult.*

Store in a cool, dry place. KEEP OUT OF REACH OF CHILDREN

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*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.

