DIRECTIONS: Use only as directed by a healthcare professional.

CAUTION: Consult your healthcare professional before taking this product.

Keep tightly closed in a cool, dry place, out of the reach of children.











SQuatrefolic is a registered trademark of Gnosis S.p.A. U.S. Patent No. 7,947,662

Manufactured in a GMP Compliant Facility Metabolic Maintenance® 601 N Larch Street, Sisters, Oregon 97759 Contact # 800-772-7873 MetabolicMaintenance.com







DIETARY SUPPLEMENT

B-Complex + 5 mg L-Methylfolate

90 CAPSULES

Supplement Facts Serving Size: 1 capsule		
Amount Per Capsule	% Da	aily Value
Vitamin C (as Ascorbyl Palmit	ate) 15 mg	17%
Thiamine (as Thiamine Mononitrate)	25 mg	2083%
Riboflavin (as Riboflavin 5' Phosphate)	25 mg	1923%
Niacin (as Niacinamide)	150 mg NE	938%
Vitamin B-6 (as Pyridoxine HCl and Pyrido	55 mg xal 5' Phosph	3235% ate)
Folate (5 mg folate from 9.3 mg L-5-Methylfolate, glucosamine	8.3 mg DFE salt)	2075%
Vitamin B-12 (as Methylcobalamin)	1000 mcg	41667%
Biotin	400 mcg	1333%
Pantothenic Acid (as Calcium D-Pantothenate)	150 mg	3000%
Choline (as Choline Bitartrate)	50 mg	9%
Inositol	50 mg	*
PABA (Para Amino Benzoic Aci	d) 50 mg	
* Daily Value not established for this ingredient		

Other ingredients: vegetarian cellulose capsule