

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT
PLEASE RECYCLE

Recommendations

1 capsule once or twice daily
with food, or as directed by
your healthcare professional.

Warning

If pregnant, consult your
physician before taking.

CONTAINS NO COATINGS, BINDERS, YEAST,
WHEAT, GLUTEN, MILK/DAIRY, CORN PROTEIN,
SOY PROTEIN, EGGS, SUGAR, HYDROGENATED OIL,
ARTIFICIAL COLORING, ARTIFICIAL FLAVORING,
OR PRESERVATIVES.

Metafolin® is a registered trademark of Merck
KGaA, Darmstadt, Germany

MADE IN THE USA



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B-12 / Methyl Folate
1000mcg 800mcg



DIETARY SUPPLEMENT

100 CAPSULES

VEG
CAPS

Supplement Facts

serving size: 1 capsule

servings per container: 100

	amount per serving	% daily value
Folate (as L-5-MTHF) Metafolin®	800mcg	200%
Vitamin B12 (as methylcobalamin)	1000mcg	16666%

Other Ingredients: Rice Powder, Vegetable
Cellulose Capsule, and Ascorbyl Palmitate.

Independently tested for
authenticity, potency, solvent
residue, stability and bacteria,
yeast and mold counts.

manufactured by
VITAL NUTRIENTS

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