

St. John's Wort with Folate and B₁₂ features a premium extract of St. John's wort, standardized to 0.3% hypericins, which has been shown to support a calm, positive mood. The formula also supplies targeted B vitamins that support a healthy mental state.*

*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.

DIRECTIONS: Take one tablet twice daily between meals or as directed by your healthcare practitioner.

WARNING: Do not use if pregnant or nursing. Do not use before surgery.

CAUTION: If taking medication—including blood thinning medication or any medication related to mood modulation—consult your healthcare practitioner before use. Keep out of the reach of children.

STORAGE: Keep tightly closed in a cool, dry place.

This product is **Gluten Free and Vegetarian**.

Formulated to Exclude: Wheat, gluten, soy, animal or dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.



St. John's Wort with Folate and B₁₂

Mood Support Formula*

Dietary Supplement • Vegetarian

60 TABLETS

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 60

	Amount Per Serving	% Daily Value
Folate (as folic acid and L-5-methyl tetrahydrofolate ¹)	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	250 mcg	4167%
St. John's Wort Aerial Parts (<i>Hypericum perforatum</i>) (standardized to 0.3% (1.35 mg) hypericins)	450 mg	*

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, silica, stearic acid, and coating (water, hypromellose¹¹, medium chain triglycerides, and hydroxypropylcellulose¹¹).

Developed and Manufactured by: **METAGENICS, INC.**
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¹As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904.

¹¹Plant-based modified cellulose.