



Heart/Vessels‡



Mood‡

**SUGGESTED USE:** Take 3 capsules two times daily or as recommended by your health-care practitioner.

**TAMPER EVIDENT:** Use only if bottle is sealed. Store tightly sealed in a cool, dry place.

If pregnant, consult your health-care practitioner before using this product.



GLUTEN FREE



MANUFACTURED IN THE USA  
USING US & IMPORTED INGREDIENTS

THORNE.COM



**THORNE**<sup>®</sup>

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**Methyl-Guard**<sup>®</sup>  
Methylation Factors

DIETARY SUPPLEMENT

180  
CAPSULES

## SUPPLEMENT FACTS

Serving Size: Three Capsules  
Servings Per Container: 60

Three Capsules Contain:	%DV	
Vitamin B6 (as Pyridoxal 5'-Phosphate)	20.4 mg	1,200%
Folate (1.2 mg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	2 mg DFE	500%
Vitamin B12 (as Methylcobalamin)	1.2 mg	50,000%
Betaine Anhydrous (Trimethylglycine)	1.8 g	*

\*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Silicon Dioxide, Calcium Citrate, Calcium Laurate.

†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic<sup>®</sup>). Quatrefolic is a registered trademark of Gnosis S.p.A.

‡This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

manufactured by:  
THORNE RESEARCH, INC., 1-800-228-1966



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