



Swiss BioEnergetics

Methyl Folate

as Quatrefolic® 5-Methyltetrahydrofolic Acid (5-MTHF)



Food Supplement

600µg

90 Capsules / 3 Month Supply

DIRECTIONS:

Adults take 1 capsule per day with water.
Do not exceed recommended intake.

PRODUCT INFORMATION:

1 capsule typically provides:

		%NRV*
Quatrefolic® providing:		
Folic Acid as 5-Methyltetrahydrofolic Acid	600µg	300
Glucosamine	377µg	

*NRV = EU Nutrient Reference Value

INGREDIENTS:

Bulking Agent: Maltodextrin, Capsule Shell: Hydroxypropyl Methylcellulose, Glucosamine Salt of (6S)-5-Methyltetrahydrofolate: (Folic Acid as 5-Methyltetrahydrofolic Acid, Glucosamine) as Quatrefolic®.

ALLERGY ADVICE:

Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials.

CAUTIONS:

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle. Store in a cool dry place, out of reach of children.

BEST BEFORE:

For best before end and batch number see base.

Manufactured in the UK to GMP code of practice for:
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