

D'ADAMO PERSONALIZED NUTRITION®

Genoma Nutritionals®

ALL
Types



Methyl 12 Plus®

Biologically active form of vitamin B12
with Calcium Folate†

200% DV FOLATE DIETARY SUPPLEMENT
60 VEGETARIAN CAPSULES

Stearate free encapsulation

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	%DV†
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Folate.....	800 mcg.....200
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(as Calcium Folate)

Vitamin B12.....	1,000 mcg...16,666
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(as Methylcobalamin and Adenosylcobalamin)

† - % Daily Value * - Daily Value Not Established

Other Ingredients: Magnesium Citrate,
Vegetable Cellulose, Organic Rice
Extract, and Organic Rice Concentrate.

Manufactured in the USA for:
North American Pharmacal, Inc.
213 Danbury Road, Wilton, CT 06897
Visit our website at www.4yourtype.com
or call 1-877-226-8973

‡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.

Methyl 12 Plus® was formulated by Dr.
Peter D'Adamo to help support a healthy
metabolism, nervous system, and healthy
homocysteine levels.

*This 100% vegetarian product contains no
sugar, salt, gluten, wheat, yeast, corn, soy,
eggs or dairy, no preservatives, color or
flavors, and no artificial ingredients.*

Directions: (1) One capsule per day, or as
directed by your physician, as a dietary
supplement.

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