

USAGE: Take 1 capsule per day with food or as directed by your qualified healthcare professional.

NOTE: The elderly should frequently check B₁₂ status when taking folic acid as folic acid may mask pernicious anemia. If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially antiepileptic and chemotherapy medications), consult your healthcare professional before using this product.

Methyl Folate ((6S)-5-methyltetrahydrofolic acid or (6S)-5-MTHF) is the most biologically active form of folic acid. **Quatrefolic®** is the 4th generation development in folate delivery. With certain inherited errors in metabolism and under a variety of physiologic stresses, the transformation of folic acid into the active form of folate either does not properly take place or is inadequate. Unlike folic acid, this form of folate can cross the blood-brain barrier. Methyl Folate is needed to support cardiovascular and neurologic health and proper cell division.*

HEALTH CLAIM: Healthful diets with adequate folic acid may reduce a woman's risk of having a child with certain brain or spinal cord defects.

Keep out of the reach of children.

* 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.

Lot #. Best Used Before:

Jarrow
FORMULAS

(6S)-5-methyltetrahydrofolic acid
glucosamine salt

**Methyl
Folate**



The More Stable, More Bioavailable
Form of Folate*



Quatrefolic®

400
MICROGRAMS

60
CAPSULES

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

	Amount Per Serving	% DV
Folate (as Quatrefolic®)	400 mcg	100%
(6S)-5-methyltetrahydrofolic acid glucosamine salt		

Other Ingredients: Cellulose and magnesium stearate (vegetable source). Capsule consists of gelatin.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Quatrefolic® is a registered trademark of Gnosis S.p.A. Protected by U.S. Patent # 7,947,662.

094135MTHF

PROD # 130006



Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

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