

USAGE: Dissolve in mouth or chew 1 tablet per day or as directed by your qualified healthcare professional.

NOTE: Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition; if adverse reactions occur, discontinue use.

Jarrow Formulas® Methyl B-12, Methyl Folate plus Pyridoxal-5-Phosphate (P5P) combines the biologically active coenzyme forms of vitamin B-12, B-9 and B-6 to support DNA and neurotransmitter synthesis, and carbohydrate, fat and amino acid metabolism.*

Keep out of the reach of children.
Store in a cool, dry place.



* 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.



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

Lot #. Best Used Before:

Jarrow
FORMULAS®

Methyl B-12 & Folate

1000
MICROGRAMS

Plus
P-5-P
(Vitamin B₆)

100 CHEWABLE
TABLETS

400
MICROGRAMS

Energy Production
and Brain Function*



LEMON
FLAVOR

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% DV
Vitamin B ₆ (as Pyridoxal-5-Phosphate)	1.5 mg	88%
Folate (400 mcg as (6S)-5-MTHF [from (6S)-5-Methyltetrahydrofolate Glucosamine Salt])	680 mcg DFE†	170%
Vitamin B ₁₂ (as Methylcobalamin)	1,000 mcg	41,667%

Other Ingredients: Xylitol, cellulose, stearic acid (vegetable source), natural lemon flavor, citric acid, magnesium stearate (vegetable source), silicon dioxide and rebiana (stevia extract).
Distributed Exclusively by **Jarrow Formulas®**
Los Angeles, CA 90035-4317
1-866-459-4154

† Dietary Folate
Equivalents.

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APPROX.
FILL LINE

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