

USAGE: Take 1 capsule per day with or without food 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 (especially epilepsy or if receiving chemotherapy); if adverse reactions occur, discontinue use.

Methyl Folate ((6S)-5-methyltetrahydrofolate or (6S)-5-MTHF) is a highly biologically active form of folate.* Due to the body's limited ability to transform synthetic folic acid into the active form of folate, supplementation with 5-MTHF is highly preferable.*

HEALTH CLAIM: Women who consume healthful diets with adequate folate may reduce their risk of having a child with birth defects of the brain or spinal cord. Folate intake should not exceed 250% of the DV (1,000 mcg).

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.**

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

Jarrow
FORMULAS

(6S)-5-methyltetrahydrofolate  Quatrefolic®
glucosamine salt

Methyl Folate



A Highly Biologically
Active Form of Folate*

400 MCG

60 VEGGIE CAPS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% DV
Folate (400 mcg as (6S)-5-MTHF	680 mcg DFE†	170%
[(6S)-5-Methyltetrahydrofolate Glucosamine Salt])		

Other Ingredients: Cellulose, vegetarian capsule (hydroxypropylmethylcellulose, water) and magnesium stearate (vegetable source).

Distributed Exclusively by **Jarrow Formulas®**
Los Angeles, CA 90035-4317

1-866-459-4154

† Dietary Folate Equivalents.

Store in a cool, dry place.



032225MTHF

PROD # 130006



APPROX.
FILL LINE

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