



Heart/Vessels‡



Mood‡

**SUGGESTED USE:** Take 1-3 capsules daily or as recommended by your health-care practitioner.

**TAMPER EVIDENT:** Use only if bottle is sealed. Store tightly sealed in a cool, dry place.

If pregnant, consult your health-care practitioner before using this product.

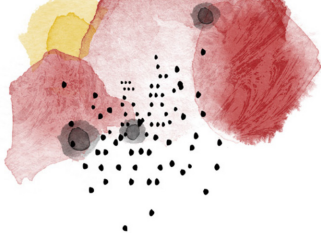


GLUTEN FREE



MANUFACTURED IN THE USA  
USING US & IMPORTED INGREDIENTS

‡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.



**THORNE**<sup>®</sup>

**Methyl-Guard Plus**<sup>®</sup>  
Methylation Factors

DIETARY SUPPLEMENT

90  
CAPSULES

**SUPPLEMENT FACTS**

Serving Size: Three Capsules  
Servings Per Container: 30

Three Capsules Contain:		%DV
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	90 mg	6,923%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	45 mg	2,647%
Folate (3 mg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	5 mg DFE	1,250%
Vitamin B12 (as Methylcobalamin)	3 mg	125,000%
Betaine Anhydrous (Trimethylglycine)	1.8 g	*

\*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Calcium Citrate, Calcium Laurate.

†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A.

manufactured by:  
THORNE RESEARCH, INC., 1-800-228-1966



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