

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN  
USE ONLY IF SAFETY SEAL IS INTACT

**Recommendations**

1 capsule once or twice daily with food, or as directed by your healthcare professional.

**Warning**

If pregnant, consult your physician before taking.

**EXCLUDES** COATINGS, BINDERS, GLUTEN (WHEAT, RYE, BARLEY)<sup>†</sup>, MILK/DAIRY (CASEIN, WHEY)<sup>†</sup>, SOY PROTEIN<sup>†</sup>, EGG PROTEIN<sup>†</sup>, SUGAR.

<sup>†</sup>VERIFIED BY INDEPENDENT TESTING

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**VITAL**  
NUTRIENTS

**B-12 / Methyl Folate**

1000mcg/800mcg

**DIETARY SUPPLEMENT**

**100 VEGETARIAN CAPSULES**

**Supplement Facts**

Serving Size: 1 vegetarian capsule  
Servings Per Container: 100

	Amount Per Serving	%DV
Folate (as L-5-MTHF 800mcg)	1360mcg DFE	340%
Vitamin B12 (as methylcobalamin)	1000mcg	41,667%

Other Ingredients: Cellulose, Vegetable Cellulose Capsule, Rice Powder and Ascorbyl Palmitate.

Raw materials and finished products are independently tested by U.S. labs.  
Learn more at [vitalnutrients.net](http://vitalnutrients.net)

manufactured by  
**VITAL NUTRIENTS**

45 KENNETH DOOLEY DRIVE  
MIDDLETOWN, CT 06457 USA

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