


SUGGESTED USE: Adults take 1 chewable tablet once a day or as directed by your qualified healthcare professional.

Jarrow Formulas® Methyl B-12 & Methyl Folate plus Pyridoxal-5-Phosphate (P-5-P) combines biologically active forms of vitamin B12, B9, and B6 that support cellular energy metabolism and neurotransmitter synthesis.* This combination supports the recycling of homocysteine to methionine to support cardiovascular health.*

WARNING: Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication (especially antiepileptic and chemotherapy) or have a medical condition; if adverse reactions occur, discontinue use.

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.

Do not use if safety seal is damaged or missing.
Lot #. Best Used Before:

**Jarrow
FORMULAS®**



VEGAN

Methyl **B-12 & Folate** Methyl

1000 MCG

400 MCG

EXTRA STRENGTH

plus P-5-P

Cellular energy metabolism
and cardiovascular health*

 **gluten free**

**100 CHEWABLE
TABLETS**
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
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, microcrystalline cellulose, stearic acid (vegetable source), natural flavor, citric acid, magnesium stearate (vegetable source), silicon dioxide, and rebaudioside A (stevia extract).

Distributed by Jarrow Formulas, Inc.
Sherman Oaks, CA 91403, USA 1-866-459-4154
No major allergens. ‡Dietary Folate Equivalents.



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FILL LINE