

SUGGESTED USE: Adults take 1 capsule once a day with or without food or as directed by your qualified healthcare professional.

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 convert synthetic folic acid into the active form of folate, supplementation with (6S)-5-MTHF is preferable.*

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.**

Do not use if safety seal is damaged or missing.

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

Lot #. Best Used Before:



Jarrow
FORMULAS®

VEGAN

Methyl Folate

EXTRA STRENGTH

400 MCG

A highly bioactive form of folate*



non-gmo



gluten free

60 VEGGIE
CAPSULES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule

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

Other Ingredients: Microcrystalline cellulose, capsule (hydroxypropylmethylcellulose, water) and magnesium stearate (vegetable source).

Distributed by Jarrow Formulas, Inc.

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1-866-459-4154 www.Jarrow.com

No major allergens.



042235MTHF PROD # 130006



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APPROX.
FILL LINE

‡ Dietary Folate Equivalents.