

Methylation Support is a comprehensive formula that features calcium L-5-methyltetrahydrofolate—a body-ready, nature identical folate—along with N-acetyl-L-cysteine, vitamins B₆ and methylated B₁₂, and betaine HCl. Together, these nutrients support methylation, which promotes healthy homocysteine metabolism.*

Directions: Take 2 capsules once daily, or as directed by your healthcare practitioner.

This product is non-GMO and gluten-free.

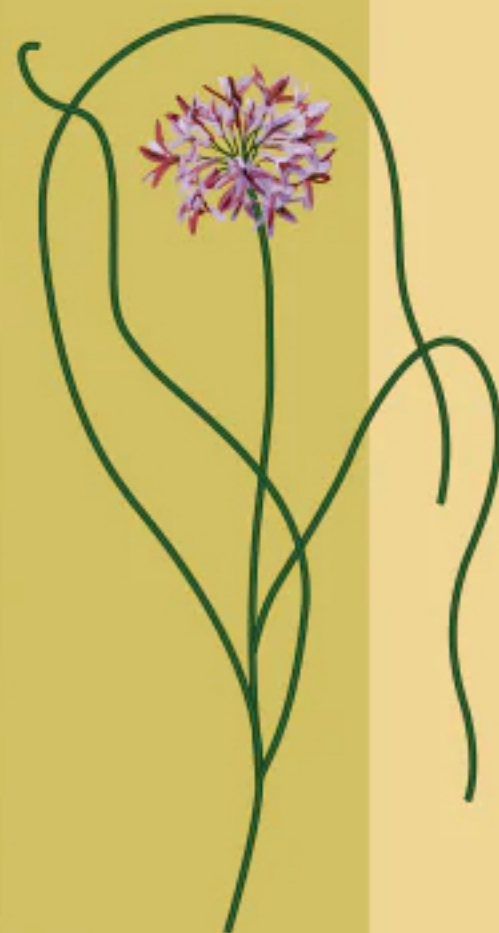
Caution: If pregnant or nursing, or taking medications, please consult your healthcare practitioner before use. Keep out of the reach of children.

Storage: Keep tightly closed in a cool, dry place.

*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.



Akasha
NATURALS



Methylation Support

Support for Healthy Methylation
& Homocysteine Metabolism*

Dietary Supplement
120 CAPSULES

Supplement Facts

Serving Size 2 Capsules†
Servings Per Container 60

	Amount Per Serving	% Daily Value
Riboflavin	1.6 mg	123%
Vitamin B ₆ (as pyridoxine HCl).....	25 mg	1,471%
Folate (as calcium L-5-methyltetrahydrofolate) ^{††}	1,330 mcg DFE	333%
Vitamin B ₁₂ (as methylcobalamin)	1,000 mcg	41,667%
Zinc (as zinc citrate)	1.5 mg	14%
Manganese (as manganese citrate)	0.4 mg	17%
Molybdenum (as molybdenum glycinate).....	15 mcg	33%
N-Acetyl-L-Cysteine	600 mg	*
Betaine HCl	500 mg	*

*Daily Value not established.

Other Ingredients: Capsule (hydroxypropylmethylcellulose), silicified microcrystalline cellulose, stearic acid (vegetable), magnesium stearate (vegetable), and silica.

DISTRIBUTED BY:
AKASHA CENTER FOR INTEGRATIVE MEDICINE, LLC
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To report adverse events call 866-649-4334.

www.akashanaturals.com

†Vegetarian capsules.

††As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany