USAGE: Take 1 tablet per day with food or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially blood pressure medications), consult your healthcare professional before using this product. The elderly should frequently check B_{12} status; folic acid may mask pernicious anemia.

The amino acid **L-Citrulline** is a substrate in the cycle that includes L-arginine and L-ornithine. L-Citrulline supports nitric oxide production, which is important for blood pressure regulation, immune function, healing, as well as helping the liver detoxify ammonia.* **Quatrefolic®** (Methyl Folate) is the 4th generation of methyl folate and can cross the blood-brain barrier. Methyl Folate is needed to support cardiovascular and neurological health as well as proper cell division.* Folate and gamma tocopherol work with L-Citrulline to support the production of nitric oxide.*

Keep out of the reach of children.

*** 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.**

Lot #. Best Used Before:

Jarrow FORMULAS®

With Quatrefolic® and Mixed Tocopherols

Includes 4th Generation Folic Acid Technology

L-Citrulline

Supports Nitric Oxide Production,* Exercise Recovery* and Liver Detoxification*

Quatrefolic®

KQ™ Kyowa Quality†

60 TABLETS DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet — Servings Per Container 60

	Amount Per Serving	% DV
L-Citrulline (free form)	1000 mg	*
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolic acid glucosamine salt)	30 mcg	8%
Gamma Tocopherol (from natural mixed tocopherol complex)	10 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid (vegetable source), silicon dioxide, magnesium stearate (vegetable source) and a food grade coating.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

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

† Kyowa Quality and/or the KQ logo are trademarks of Kyowa Hakko Bio Co., Ltd.

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