

SUGGESTED USAGE: Take 1 tablet daily, or as directed by your healthcare practitioner.

HOW IT WORKS: Folic acid consumed in the diet or from supplements must be converted to its active form, 5-Methyltetrahydrofolate (5-MTHF), to be used by the body. This is a multi-step biochemical process that, in some circumstances, may not be efficient enough to meet the body's needs. In addition, unlike folic acid, 5-MTHF can penetrate the blood-brain barrier. This product utilizes a patented form of 5-MTHF with superior bioavailability.

CAUTIONS/INTERACTIONS: For adults only. The elderly and individuals with conditions that may impair vitamin B-12 absorption should frequently check vitamin B-12 status when taking this product as high-dose folic acid may mask vitamin B-12 deficiency. Consult physician if pregnant/nursing, taking medication (especially phenobarbital, phenytoin, primidone, and methotrexate), or have a medical condition (especially any condition involving nutrient malabsorption). Keep out of reach of children.

Do Not Eat Freshness Packet. Keep in Bottle.

CODE
P0491

V2

7



07359 10491

4



Quatrefolic

PROTOCOL
FOR LIFE BALANCE®

5-Methyl Folate

1,000 mcg

- Metabolically Active Folic Acid*
- Superior Bioavailability

90 Tablets

A Dietary Supplement
Vegetarian/Vegan

Non-
GMO



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%Daily Value
Folate [as (6S)-5-Methyltetrahydrofolate] [from Quatrefolic® (6S)-5-Methyltetrahydrofolic Acid Glucosamine Salt]	1,000 mcg	250%

Other ingredients: Cellulose, Stearic Acid (vegetable source) and Silica.

Protocol For Life Balance®, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA protocolforlife.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

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

Natural color variation may occur in this product.

*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.