

Suggested Usage: Take 1 tablet daily with a meal. Methylfolate is the biologically active, naturally occurring form of folate that is used for fundamental body functions like normal cell division and the synthesis of neurotransmitters and DNA.* Unlike regular folic acid, Methylfolate has been shown to penetrate the blood-brain barrier, where it helps to support neurological health.* Quatrefolic® is a patented form of Methylfolate that has demonstrated bioavailability superior to that of folate from dietary sources.

Caution: 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 0491

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Methyl Folate

1,000 mcg

Co-Enzyme B Vitamin

- Metabolically Active Folate*
 - Superior Bioavailability
- ## 90 Tablets

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Folate	1,667 mcg DFE	417%
	[1,000 mcg (6S)-5-MTHF**]	
	[from Quatrefolic® (6S)-5-MTHF** Glucosamine Salt]	

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

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.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.

*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. and protected by U.S. Patent 7,947,662.

**MTHF = Methyltetrahydrofolate

