

B₁₂ Folate

With Metafolin® L-5-MTHF; supports red blood cell function, energy metabolism and neurological health[†]

INDICATIONS

- Ages 18 and up
- Energy metabolism support[†]
- G.I. system integrity support[†]
- Cognitive health and positive mood support[†]

BENEFITS

- Promotes metabolism of fats and protein[†]
- Supports the G.I. tract and the integrity of skin, hair and liver[†]
- Helps maintain healthy homocysteine levels[†]
- Enhances brain cell activity and maintains healthy cognitive function[†]
- Provides support for DNA, red blood cell health and neurological health[†]

FEATURES

- Contains B₁₂ as methylcobalamin, an active form of the vitamin
- With Metafolin® L-5-MTHF, the predominant, naturally occurring form of folate in food
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

Vitamin B₁₂ and folate are interrelated in function, supporting methylation reactions involved in diverse cellular processes.¹⁻³ Folate is provided in this formula as Metafolin®, the naturally occurring, universally metabolized form of folate. The B₁₂ in this formula is provided as methylcobalamin, an active form of the vitamin.[†]

SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Metafolin®, as L-5-methyltetrahydrofolate (L-5-MTHF), is synthetic
- Methylcobalamin is produced from corn dextrose fermentation
- Hypoallergenic plant fiber is derived from pine cellulose
- Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil

NOTES

Size 3 caps

Bottle count 60

Order codes B12

Bottle size 75 cc

REFERENCES

1. Wee AK, *Nutr J*. 2016 Oct 18;15(1):89.
2. Mahamid M, et al. *Nutrients*. 2018 Apr; 10(4): 440.
3. Kannan R, *Can Fam Physician*. 2008 Apr; 54(4): 529–532.

NUTRITION FACTS

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Folate (as Metafolin®, L-5-MTHF) 1,333 mcg DFE (800 mcg L-5-MTHF)
 Vitamin B₁₂ (as methylcobalamin) 800 mcg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

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



B ₁₂ Folate	Quantity	Order Code
	60	B12

Visit our website for more information about our GMO policy.