

**USAGE:** Take 1 capsule per day with or without food or as directed by your qualified healthcare professional.

**NOTE:** Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition (especially epilepsy or if receiving chemotherapy); if adverse reactions occur, discontinue use.

**Methyl Folate** ((6S)-5-methyltetrahydrofolate or (6S)-5-MTHF) is a highly biologically active form of folate.\* Due to the body's limited ability to transform synthetic folic acid into the active form of folate, supplementation with 5-MTHF is highly preferable.\*

**HEALTH CLAIM:** Healthful diets with adequate folate may reduce the risk of having a child with a brain or spinal cord defect.

**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.**

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

Lot #: Best Used Before:

**Jarrow**  
FORMULAS

(6S)-5-methyltetrahydrofolate  Quatrefolic®  
glucosamine salt

# Methyl Folate



A Highly Biologically Active Form of Folate\*

**400 MCG**

**60 VEGGIE CAPS**

**DIETARY SUPPLEMENT**

## Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% DV
Folate (400 mcg as (6S)-5-MTHF	680 mcg DFE†	170%
[(6S)-5-Methyltetrahydrofolate Glucosamine Salt]		

Other Ingredients: Cellulose, vegetarian capsule (hydroxypropylmethylcellulose, water) and magnesium stearate (vegetable source).

Distributed Exclusively by **Jarrow Formulas®**  
Los Angeles, CA 90035-4317

1-866-459-4154

† Dietary Folate Equivalents.

**Store in a cool, dry place.**



012215MTHF

PROD # 130006



APPROX. FILL LINE

www.nsfongmo.org © 2021 **Jarrow FORMULAS®**