

INGREDIENTS per daily dose	1 Capsule	% NRV*
Folate (total)	400 µg	200
<i>from folic acid</i>	200 µg	100
<i>from 5MTHF-glucosamine (activated folate)</i>	200 µg	100
Vitamin B12 (as methylcobalamin)	400 µg	16000

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Bulking agent: powdered cellulose, hydroxypropyl methyl cellulose (capsule shell), methylcobalamin, 5MTHF-glucosamine, folic acid.

RECOMMENDED DOSAGE

1 capsule daily taken with plenty of liquid.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

IMPORTANT NOTICE

Not suitable under the age of 11.

PACKAGE SIZE AND CONTENT

120 capsules (4 month supply), 22 g

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version 11.08.2018.



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