

**USAGE:** Take 1 tablet per day with food or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially for blood pressure), consult your healthcare professional before using this product. The elderly should frequently check B<sub>12</sub> status; folic acid may mask pernicious anemia.

The amino acid **L-Citrulline** is a substrate in the cycle that includes L-arginine and L-ornithine. L-Citrulline supports nitric oxide production, which is important for blood pressure regulation, immune function, healing, as well as helping the liver detoxify ammonia.\* **Quatrefolic**<sup>®</sup> (Methyl Folate) is the 4<sup>th</sup> generation of methyl folate and can cross the blood-brain barrier. Methyl Folate is needed to support cardiovascular and neurological health as well as proper cell division.\* Folate and **Gamma Tocopherol** work with L-Citrulline to support the production of nitric oxide.\*

**Keep out of the reach of children.**  
**Store in a cool, dry place.**

\* 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.

† Kyowa Quality and/or the KQ logo are trademarks of Kyowa Hakko Bio Co., Ltd.

Lot #: Best Used Before:



**Jarrow**  
FORMULAS<sup>®</sup>



With Quatrefolic<sup>®</sup>  
and Mixed Tocopherols

# L-Citrulline

Supports Nitric Oxide Production,\*  
Exercise Recovery\* and  
Liver Detoxification\*

 **Quatrefolic**<sup>®</sup>

  
Kyowa  
Quality<sup>†</sup>



60  
TABLETS

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 60

	Amount Per Serving	% DV
Folate (as Quatrefolic <sup>®</sup> (6S)-5-Methyltetrahydrofolate Glucosamine Salt)	30 mcg DFE§	10%
L-Citrulline (Free Form)	1,000 mg	††
Gamma Tocopherol (from Natural Mixed Tocopherol Complex)	10 mg	††

§ Dietary Folate Equivalents.

†† Daily Value not established.

Other Ingredients: Cellulose, stearic acid (vegetable source), modified food starch, silicon dioxide, magnesium stearate (vegetable source) and a food-grade coating.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts. Quatrefolic<sup>®</sup> is a registered trademark of Gnosis S.p.A. Protected by U.S. Patent # 7,947,662.

**Suitable for  
vegetarians/vegans.**

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