

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

NOTE: If you have a medical condition, are under the age of 18, or taking medications (especially antiepileptic and chemotherapy medications), consult your healthcare professional before using this product.

Methyl Folate ((6S)-5-methyltetrahydrofolate or (6S)-5-MTHF) is a highly biologically active form of folate.* **Quatrefolic**® is the 4th generation development in folate delivery. Due to the body's limited ability – in addition to physiological stresses and individual variability – to transform synthetic folic acid into the active form of folate (which can lead to the accumulation of unmetabolized folic acid in the body and may interfere with the transport and metabolism of natural folates), supplementation with 5-MTHF is highly preferable.* Unlike folic acid, 5-MTHF can cross the blood-brain barrier and does not mask pernicious anemia.*

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.

Suitable for vegetarians/vegans.

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.

Lot #. Best Used Before:

Jarrow
FORMULAS

(6S)-5-methyltetrahydrofolate
glucosamine salt

**Methyl
Folate**



A Highly Biologically Active Form of Folate*



400
MICROGRAMS

60
VEGGIE CAPS

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% DV
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolate Glucosamine Salt)	400 mcg DFE†	100%

† Dietary Folate Equivalents.

Other Ingredients: Cellulose and magnesium stearate (vegetable source). Capsule consists of hydroxypropylmethylcellulose. No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

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

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
Los Angeles, CA 90035-4317
www.Jarrow.com
(866) 459-4154



www.nsfnon GMO.org



054195MTHF

PROD # 130006



© 2019 Jarrow FORMULAS®