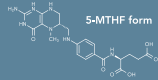


MOST BIOAVAILABLE TISSUE-READY FORM



Methylfolate or the 5-MTHF form of vitamin B9 is tissue-ready and the most bioavailable source. It has immediate uptake within the body and does not require any processing to assimilate with blood and cells. When the body consumes other forms of vitamin B9, such as Folate, the body must first convert the Folate to 5-MTHF because that is the form the blood and cells require.



PROFESSIONAL STRENGTH, CLINICALLY VALIDATED DOSE

Our 15 mg dose of L-Methylfolate is considered professional strength and based on clinically validated doses.

B12

ESSENTIAL COFACTOR: METHYLCOBALAMIN B12 (METHYL FORM)

We also include a full serving of 1000 mcg of Methyl B12. Methylcobalamin B12 and Methylfolate B9 have co-dependent relationships. Both of these are crucial to the body's methylation pathways. The combination of both methylated nutrients is especially essential for those with MTHFR gene conditions.

Adequate vitamin B12 levels are also crucial to the breakdown of homocysteine. Methylfolate cannot complete this process without sufficient Methylcobalamin B12.



QUESTIONS ABOUT
OUR PRODUCT?

We are here to help. Email us
at Support@Triquetra.com

TRIQUETRA™
DISCOVERED IN NATURE. OPTIMIZED BY SCIENCE.

TRIQUETRA™

L-Methylfolate 5-MTHF PLUS METHYL B12

MAXIMUM STRENGTH
15 MG | ACTIVE FORM

Brain, Mood, Heart
& Nerve Support*

Professional Strength

60 Capsules

Dietary Supplement

60 Servings

Supplement Facts

Serving Size 1 Capsule
Servings Per Bottle 60

	Amount Per Serving	%DV*
Folate (15 mg L-Methylfolate from 18.75 L-5-Methylfolate, calcium salt)	25 mg DFE	6250%
Vitamin B12 (as methylcobalamin)	1000 mcg	41666%

*Percent Daily Values are based on a 2000 calorie diet.

Other Ingredients: Vegetable capsules (hypromellose), Rice Fiber

Suggested Use: For adults, take 1 capsule per day, preferably with a meal.

Warning: If you have a medical condition or are taking medication, contact a doctor before taking the supplement. Keep out of reach of children.

Storage: Store in cool, dark, and 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.

To report a serious adverse event, please contact 844-272-6337

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www.Triquetra.com

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