B₁₂ Folate
With Metafolin® L-5-MTHF; supports red blood cell function, energy metabolism and neurological health

INDICATIONS
- Ages 18 and up
- Energy metabolism support
- G.I. system integrity support
- Cognitive health and positive mood support

BENEFITS
- Promotes metabolism of fats and protein
- Supports the G.I. tract and the integrity of skin, hair and liver
- Helps maintain healthy homocysteine levels
- Enhances brain cell activity and maintains healthy cognitive function
- Provides support for DNA, red blood cell health and neurological health

FEATURES
- Contains B₁₂ as methylcobalamin, an active form of the vitamin
- With Metafolin® L-5-MTHF, the predominant, naturally occurring form of folate in food
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE
Vitamin B₁₂ and folate are interrelated in function, supporting methylation reactions involved in diverse cellular processes.¹ ³ Folate is provided in this formula as Metafolin®, the naturally occurring, universally metabolized form of folate. The B₁₂ in this formula is provided as methylcobalamin, an active form of the vitamin.⁷

SUGGESTED USE
As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

STORAGE
Store in a cool, dry place.

WARNING
If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE
- Metafolin®, as L-5-methyltetrahydrofolate (L-5-MTHF), is synthetic
- Methylcobalamin is produced from corn dextrose fermentation
- Hypoallergenic plant fiber is derived from pine cellulose
- Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil

NOTES
Size 3 caps
Bottle count 60
Order codes B12
Bottle size 75 cc

REFERENCES

SUPPLEMENT FACTS
1 capsule, 1-2 times daily, with meals.
Each (size 3) vegetarian capsule contains:
- Folate (as Metafolin®, L-5-MTHF) 1.333 mcg DFE (800 mcg L-5-MTHF)
- Vitamin B₁₂ (as methylcobalamin) 800 mcg
- Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Visit PureEncapsulationsPro.com for more information about our GMO policy.