

Methylation Support



Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	%DV
Riboflavin (as Riboflavin 5 Phosphate)	20 mg	1176%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxal 5 Phosphate)	25 mg	1250%
Folate (as Quatrefolic L-5-Methyltetrahydrofolate, glucosamine salt)	800 mcg	200%
Vitamin B12 (as Methylcobalamin)	1000 mcg	16667%
Benfothiamine	75 mg	*
Trimethyl Glycine (TMG) - Betaine Anhydrous	500 mg	*

* Daily Value not established.

Other ingredients: Micro Crystalline Cellulose (USP), Vegetable Capsule (cellulose, purified water).

No artificial colors, artificial flavors, milk or milk derivatives or sodium added.