

Folic Acid + Complex - Product number B058 - 100 tablets

Description

Synergistic combination of 5-methyl-tetrahydrofolate (5-MTHF, Metafolin®) which is also referred to as the active coenzyme form of this vitamin, vitamins B12, B6, B2, C and betaine (trimethylglycine).

Metafolin® is the natural, directly biologically active / available form of folic acid in our body. In the circulation and for transport to the tissues, including the brain, it is the predominant form of folic acid.

Folic acid contributes to normal homocysteine metabolism and plays a role in maternal cell division and tissue growth during pregnancy. Folic acid is also involved in normal psychological function, normal blood production, the synthesis of various amino acids and the normal functioning of the immune system. Folic acid contributes to the reduction of tiredness and fatigue.

Ingredients and% Reference Intake per tablet:

5-Methyl Tetrahydrofolate (Metafolin® Active Folic Acid) 800 mcg 400%

Vitamin B12 (hydroxycobalamin) 100 mcg 3832%

Vitamin B6 (P-5-P) 1.5 mg 73%

Vitamin B2 (riboflavin-5-phosphate) 5 mg 268%

Vitamin C (ascorbic acid) 80 mg 100%

Trimethylglycine (betaine base) 30 mg

Fillers: rice starch, maltodextrins (gluten-free, corn), microcrystalline cellulose. Anti-caking agents: sliced dioxide, vegetable stearic acid and vegetable magnesium stearate.

Usage and warnings:

Adults take 1 tablet once a day, or as advised by an expert. Do not exceed recommended dosage and keep out of reach of children. This dietary supplement is not suitable for children under 1 year. Do not use in hypersensitivity to any of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet.