

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

The 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. The formulation also includes the Methyl form of B12, an essential co-factor that works in conjunction with Methylfolate.



THE FORMULATION SUPPORTS

- Brain Health*
- Heart Health*
- Mood & Emotions*
- Nerve Health*



QUESTIONS ABOUT OUR PRODUCT?

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

TRIQUETRA™

L-Methylfolate 5-MTHF PLUS METHYL B12

7.5 MG | ACTIVE FORM
VITAMIN B9 + B12

60 Capsules Dietary Supplement 60 Servings

Supplement Facts

Serving Size 1 Capsule
Servings Per Bottle 60

	Amount Per Serving	%DV*
Folate (7.5 mg L-Methylfolate from 10.41 mg L-5-Methylfolate, calcium salt)	12.5 mg DFE	3125%
Vitamin B12 (as methylcobalamin)	750 mcg	31249%

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

Other Ingredients: Rice Fiber, Vegetable capsules (hypromellose)

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 a 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.

Distributed By:
Triquetra Health LLC
Lithia, FL 33547

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