

Methylfolate 400ug

Methylfolate is a vitamin that is part of the vitamin B family, specifically the biologically active form of vitamin B9 (folic acid). Folate contributes to a reduction in tiredness and fatigue, the normal function of the immune system, normal psychological function, and the process of normal homocysteine metabolism, amino acid synthesis, cell division and blood formation.

The human body ordinarily converts folate into methylfolate before it can be used for various purposes in the body. However, a small percentage of the population cannot convert adequate amounts of folate into methylfolate due to gene variants. This supplement provides folate in its active (methylated) form and should be taken on the advice of a healthcare practitioner.

Contains 100% active ingredients, formulated by expert nutritionists with no artificial fillers and no nasties. Sourced according to Viridian's strict ethical criteria including no animal testing, GMO or palm oil.

Key Features:

- Supports the normal function of the immune system
- Biologically active form of vitamin B9
- Designed for those who cannot convert folate into methylfolate
- Contributes to a reduction of tiredness and fatigue



Biologically active form of Vitamin B9

Nutritional Information: one capsule provides:

Ingredient	Weight	%NRV
Folate (as calcium 5-methyltetrahydrofolate)	400µg	200
In a base of Alfalfa, Spirulina and Bilberry		
Plant cellulose capsule		

Directions: take one capsule daily with food, or as directed by your healthcare practitioner.

Ordering Information:

Code	Size	Description	Barcode
198	90	Methylfolate 400ug Veg Caps	5060003591986

In stock and available to order. Call 01327 878050 or email info@viridian-nutrition.com