



MÉDERI
NUTRICIÓN INTEGRATIVA
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VITAMINA B9 METILADA

METHYL FOLATE 1 mg QUATREFOLIC®

MÉDERI

Description: Food supplement based on folic acid.

Directions for use / recommended dose: Take one (1) capsule per day, preferably between meals or as recommended by a professional.

Presentation: Bottle of 60 capsules of 448.9 mg.

Composition: Bulking agent (microcrystalline cellulose), capsule (coating agent: hydroxypropyl methylcellulose), anti-caking agent (magnesium salts of fatty acids) and folic acid [(6S)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®)] (vitamin B9).

Storage conditions: Store the container in a dry, cool place away from light.

Ingredients	1 capsule	% NRV*
Quatrefolic® folate (as (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	1,000 µg	500 %

*NRV: Nutrient Reference Value for vitamins and minerals.

Warnings: Do not exceed the expressly recommended daily dose. Food supplements should not be used as a substitute for a balanced diet. Keep out of reach of young children.

Properties and potential applications:

Folates (vitamin B9) contribute to normal homocysteine metabolism and normal psychological function, and help reduce tiredness and fatigue.

It is important to follow a varied and balanced diet and a healthy lifestyle.



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