

PRODUCT DATA SHEET

Methyl-Guard®



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Important homocysteine metabolism cofactors*

- Helps maintain good cardiovascular health by supporting normal homocysteine levels*
- Contains the active forms of folate and vitamin B12 (5-MTHF and methylcobalamin)
- Helps maintain good cognitive and neurological health*
- Supports bone and female reproductive health*

METHYL-GUARD

S u p p l e m e n t F a c t s		
Serving Size: Three Capsules		
Servings Per Container: 60		
Three Capsules Contain:		% DV
Vitamin B6 (as Pyridoxal 5'-Phosphate)	20.4 mg	1,020%
Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	1.2 mg	300%
Vitamin B12 (as Methylcobalamin)	1.2 mg	20,000%
Betaine Anhydrous (Trimethylglycine)	1.8 g	*

*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Calcium Citrate Laurate, Silicon Dioxide.

180 Vegetarian Capsules
Code: SF787

Allergy Warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

Pregnancy Warning

If pregnant, consult your health-care practitioner before using this product.

Interactions

5-methyltetrahydrofolate (5-MTHF) supplementation is not recommended concurrent with methotrexate cancer therapy, as it can interfere with methotrexate's anti-neoplastic activity; however, this folate source has not been shown to interfere with the anti-inflammatory activity of methotrexate. An individual taking methotrexate for psoriasis or rheumatoid arthritis can safely take a supplement containing folate.

Purity

This product does not contain wheat, gluten, corn, yeast, soy, egg, dairy products, or artificial colors, artificial sweeteners, or artificial flavors. This product also does not contain lactose, palmitic acid, magnesium stearate, or stearic acid.

Suggested Use

Take 3 capsules two times daily or as recommended by a health-care practitioner.

Additional Notes

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.