

ACTIVE B₁₂ FOLATE



Active B₁₂-Folate combines the active coenzyme form of vitamin B₁₂, methylcobalamin, with an active form of folate, Metafolin®* L-5-methyltetrahydrofolate. This high-potency, bioactive formula was created to bypass normal absorptive mechanisms for vitamin B₁₂ and folate which may be impaired due to a compromised gastrointestinal tract. Fast dissolving tablets allow for quick release into the bloodstream. Vitamin B₁₂ and folate play an integral role in DNA synthesis and thus are essential to cell division and proper functioning of virtually all tissues in the body.

Vitamin B₁₂ and folate also participate in methylation and proper metabolism of homocysteine, a potentially toxic metabolite of methionine. Dietary B₁₂ can be reliably obtained only from animal products and is a singularly difficult vitamin to absorb. Active B₁₂-Folate may be especially beneficial for vegetarians and persons with impaired gastrointestinal absorptive function due to aging, illness, or surgery.

Bottle contains 60 tablets.

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 60

Amount Per Tablet	% Daily Value
Folate (as Metafolin®± calcium L-5-methyltetrahydrofolate) (800 mcg)	340%
Vitamin B ₁₂ (as methylcobalamin)	41,667%

ABF/200117.04

Other ingredients: Mannitol, vegetable stearine, silicon dioxide, croscarmellose sodium, and stearic acid.



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.