

METHYLATION NUTRITION

Methylation+

Small processes.
Essential work.*



Methylation is part of everyday cellular function. Methylation+ combines 5-MTHF and methylcobalamin B12 with selected B-vitamin forms, betaine and SerinAid® phosphatidylserine.*

THE DETAILS THAT MATTER

Folate, in a named form*

5-MTHF supplies folate, a nutrient involved in DNA synthesis and one-carbon metabolism.*

An active B12 form*

Methylcobalamin supports the normal B12-dependent processes involved in methylation.*

More formula detail

Riboflavin-5-phosphate and pyridoxal-5-phosphate identify the B2 and B6 forms.

The forms are part of the story. Your personal nutrition needs determine how the formula fits.

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	% Daily Value	
Vitamin C (from Ascorbyl Palmitate)	11 mg	12%
Vitamin B2 (from Riboflavin-5-Phosphate)	20 mg	1538%
Vitamin B6 (from Pyridoxal-5-Phosphate)	30 mg	1765%
Folate (from 5-MTHF ((6S) 5-Methyltetrahydrofolic Acid, Glucosamine Salt))	600 mcg DFE	150%
Vitamin B12 (as Methylcobalamin)	75 mcg	3125%
Betaine Anhydrous	435 mg	*
PhosphatidylSerine (SerinAid®)	25 mg	*

* Daily Value not established

Other Ingredients: Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate, Silica, TBD.

SerinAid® is a registered trademark of Chemi S.p.A., Italy.

[View original facts source >](#)

5-MTHF + B12

600 mcg DFE folate and 75 mcg methylcobalamin B12 per capsule.

***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.**

Pill image shown at illustrative scale.