# LMIV mandatory information

# Folat (Quatrefolic®) 400 µg capsules

## **Food supplement**

with patented premium folic acid (Quatrefolic®) as glucosamine salt of 5-MTHF for extra high bioavailability. Folate contributes to the normal function of amino acid synthesis, blood formation, homocysteine metabolism, psychological function and the immune system. Folate also contributes to the reduction of tiredness and fatigue and has a role in the process of cell division.

Nutritional facts	per 1 capsule*
Folic acid (Quatrefolic®)	400 μg (200 % <sup>**</sup> )



### **Ingredients:**

Bulking agent: microcrystalline cellulose, hydroxypropyl methyl cellulose (capsule), antioxidant: ascorbyl palmitate, folic acid (as (6S)-5-methyltetrahydrofolate glucosamine salt, Quatrefolic®).

#### **Notice:**

The recommended daily intake indicated should not be exceeded. Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle. Keep out of the reach of children.

#### Store:

Store well closed in a cool, dry place.

#### **Directions for use:**

Take 1 capsule daily with sufficient water, do not chew.

Packaging size	PZN	Product number	Net quantity
120 capsules	17895662	10313	<b>e</b> 23 g

<sup>\*</sup> Recommended daily intake

<sup>\*\*</sup> reference values in accordance with LMIV