Suggested use: First week: take 1 tablet every 3 days during the meal; second week: take 1 tablet every 2 days during the meal; from week 3: take 1 tablet a day during the meal. Do not exceed the suggested dose.

Storage conditions - Advise for use: Keep out of reach of children. Keep in a closed container below 25°C. Consult a physician if you are pregnant, breast feeding or following a medical treatment. Does not replace an adequate diet or healthy lifestyle.



Methylation NN325E

Composition	Amount per serving*	% Daily Value RI
Vitamin B3 (as Niacin flush free)	50 mg	313 %
Vitamin B6 (as Pyridoxine)	6.4 mg	457 %
Vitamin B12 (as Methylcobalamin)	2 mg	80.000 %
Vitamin B9 (as Calcium- L-Methyl- tetrahydrofolate)	0.5 mg	202 %

100 tablets 40 g e

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Food supplement

* Daily dose based on 1 tablet best used before end – Lot N°: see package