

## Chirofol

Chirofol in form of easy-to-swallow tablets contains methyl tetrahydrofolate with high dose of vitamins B6 and B12.

Vitamin B12 contributes to normal homocysteine metabolism, reduction of tiredness and fatigue and plays a role in the process of cell division.

Vitamin B6 contributes to normal energy-yielding metabolism, normal red blood cell formation and regulation of hormonal activity. Vitamin B6 contributes in prevention of morning sickness.



### Content:

VITAMIN B6	15mg	1071% NRV*
VITAMIN B12	20mcg	800% NRV
Folic acid of which active folate (6S)-5-methyltetrahydrofolic acid	400mcg	200% NRV

### How to use:

**Use:** Swallow tablet with small amount of water.

**Recommended daily dosage:** 1 tablet.

Do not exceed recommended servings for consumption during the day.  
Dietary supplements should not be used as a substitute for a varied diet.

### Packing:

- 30 tablets