



## Blisphora™

**Form:** Tablets

**Flavor:**

**Size:** 30 Tablets

**Blisphora™** is a revolutionary formula featuring clinically effective levels of SAMe (s-adenosyl-L-methionine), a compound native to the body that is a critical component of many biochemical reactions and plays an important role in supporting positive emotions. This powerful formula combines significant levels of body-ready folate (the next generation of folate with improved bioavailability) and vitamin B<sub>12</sub> (as easy-to-absorb methylcobalamin) to support SAMe metabolism, methylation, and healthy neurotransmitter synthesis for a balanced mood. Foil-wrapped, enteric-coated tablets ensure product stability.

Ingredient	Amount	%Daily Value
Serving Size	1 Tablet	
Servings Per Container	30	
Folate [from (6S)-5-methyltetrahydrofolic acid, glucosamine salt <sup>1</sup> ]	1000 mcg	250%
Vitamin B <sub>12</sub> (as methylcobalamin)	1000 mcg	16,667%
S-Adenosyl-L-Methionine (SAMe) (as SAMe disulfate p-toluensulfonate)	400 mg	*

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate (vegetable), stearic acid (vegetable), silica, mannitol, carboxymethylstarch sodium salt, and coating (methacrylic acid copolymer, triethyl citrate, titanium dioxide, and silica).

**Directions:** Take one tablet daily 30 minutes before a meal on an empty stomach with water or as directed by your healthcare practitioner.

**This product is non-GMO, gluten-free, and vegetarian.**

**Warning:** Do not use if pregnant or nursing.

**Caution:** If you have a history of psychiatric disorders or if you are taking medications, please consult your healthcare practitioner prior to use. Keep out of the reach of children.

**Storage:** Keep in a cool, dry place.

\*Daily Value not established.

<sup>1</sup>Quatrefolic® is a registered trademark of Gnosis S.P.A., U.S. Patent No.7,947,662.