



Blisphora®

- **Scientifically designed to support a healthy mood and methylation**
- **Features clinically effective levels of SAMe and body-ready folate and vitamin B₁₂**

Form: Tablets

Flavor: no 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 B₁₂ (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 [†]]	1,665 mcg	416%
Vitamin B ₁₂ (as methylcobalamin)	1000 mcg	41,667%
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 Caution: if you are taking medication, particularly antidepressants such as MAO inhibitors or selective serotonin reuptake inhibitors (SSRIs), 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.

[†]Quatrefolic® is a registered trademark of Gnosis S.P.A., U.S. Patent No.7,947,662.