

# Essential Nutrients

<div><div>Folate</div><div>600 MCG</div><div>⦿ Pisticci, Italy</div></div> <div>&gt;</div>
<div><div>Omega-3</div><div>320 MG</div><div>⦿ South Carolina, USA</div></div> <div>&gt;</div>
<div><div>Vitamin D3</div><div>2000 IU</div><div>⦿ United Kingdom</div></div> <div>&gt;</div>
<div><div>Iron</div><div>8 MG</div><div>⦿ Utah, USA</div></div> <div>&gt;</div>
<div><div>Vitamin K2</div><div>90 MCG</div><div>⦿ Oslo, Norway</div></div> <div>&gt;</div>
<div><div>Magnesium</div><div>50 MG</div><div>⦿ Pisa, Italy</div></div> <div>&gt;</div>
<div><div><div>+</div><div>Add a new ingredient</div></div></div>

## Folate

600 mcg



FORM: 5MTHF GLUCOSAMINE SALT  
DOSAGE: 600 MCG  
SOURCE: Pisticci, Italy  
MANUFACTURER: Gnosis



MOOD



DNA  
SYNTHESIS



BRAIN  
HEALTH

FOUND IN  
*Lentils, avocado, and oranges.*