



NATURE'S SUNSHINE

Methyl Combo

Vegan

Kosher

Halal

Non-GMO

GOOD FOR

Nervous System

Brain

Blood

SIZE **60 capsules**

ITEM # **21689**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 vegcap twice daily, or as directed by your healthcare practitioner.

— How the Key Ingredients Work

Methyl Combo brings together a carefully chosen blend of nutrients that work hand in hand to keep your energy, mood, bones, and circulation feeling their best. Each ingredient plays a real role in how your body runs day to day — from building healthy blood cells to keeping your heart and nervous system in good shape.

Vitamin B9 (Folate) — Folate is one of the hardest-working B vitamins in the body. It helps your body make healthy red blood cells, supports clear thinking and steady mood, and helps keep homocysteine levels in a healthy range — which is good news for your heart and arteries. Research also links healthy folate levels to better blood pressure support.

Vitamin B12 — B12 is the nerve-and-energy vitamin. It helps your body produce healthy red blood cells, supports the protective coating around your nerves, and plays a key role in making the brain chemicals that keep your mood balanced. Low B12 has been linked to feelings of anxiety and mental fatigue, so keeping levels topped up really matters.

Calcium — Calcium is the mineral your bones and teeth are literally built from — more than 99% of the body's calcium lives in the skeleton. Getting enough every day helps maintain bone density, supports healthy muscle contractions, and keeps nerve signals moving smoothly. It's especially important for children and teens who are still building their peak bone mass.

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