



DIETARY SUPPLEMENT

L-5-MTHF

Folate Supplement

60 vegetarian capsules

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Capsule	% Daily Value
Folate (as Metafolin®‡ 1,700 mcg DFE L-5-methyltetrahydrofolate)	425%

Other ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, silicon dioxide, and cellulose.

‡Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany



Distributed by:
GI Pro Health
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1-877-219-3559
www.giprohealth.com

Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, gluten, yeast, soybeans, and corn. Contains no artificial colors, flavors, or preservatives.

Suggested Use: 1 capsule daily with food.

This product contains L-5-methyltetrahydrofolate (L-5-MTHF), the active, methylated form of folate, an essential B-vitamin. L-5-MTHF requires no additional metabolic steps to be used by the body, thus it is often the preferred choice for those with absorption or metabolic defects. Supplies 1 mg (1,000 mcg) folate per capsule.

Do not use if shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. **KEEP OUT OF REACH OF CHILDREN.**

Produced under a strict quality management system in compliance with Good Manufacturing Practices (GMPs) and third-party quality certifications.

