

SUGGESTED USE: Take 1 capsule daily or as directed by your healthcare professional.

Children and pregnant or lactating women should consult their healthcare practitioner prior to use. Do not use if tamper seal is damaged.

STORAGE: Keep closed in a cool, dry place out of reach by children.

L-5-MTHF delivers a high-potency dose of 1,000 micrograms of pure non-racemic L-5-methyltetrahydrofolate in an easy-to-swallow capsule.

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P H Y S I C I A N F O R M U L A T E D



Seeking Health®

L-5-MTHF

1,000 mcg

Dietary Supplement

60 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

	Amount Per Serving	%Daily Value
Folate	1000 mcg DFE	250%
[as Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt]		

Other Ingredients: Microcrystalline cellulose, HPMC (capsule), ascorbyl palmitate, L-leucine, and silica.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, GMO, gluten, artificial colors, or artificial flavors.

L-5-MTHF Meets or Exceeds cGMP Quality Standards.

Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.

REV. 101916
ZCL-SKGHEALTH-5CAP-01

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