

SUGGESTED USE: Gently shake before use. Place 2 ml (about 40 drops) into a glass of juice or water and take by mouth. May also place directly into the mouth and swallow. Use as directed by your healthcare provider.

Children and pregnant or lactating women should consult with their healthcare practitioner prior to use.

STORAGE: Store in a cool, dry place away from direct sunlight. Refrigerate after opening or use within 40 days of opening for maximum potency. Keep out of reach of children.

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Seeking Health

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PHYSICIAN FORMULATED



Seeking Health®

**Optimal
Liposomal
L-5-MTHF**

1 mg

Dietary Supplement

2 FL. OZ. (60 ML)

Supplement Facts

Serving Size: 2 ml (approx. 40 drops)

Servings Per Container: Approx. 30

	Amount Per Serving	%DV
Folate (as L-5-methylfolate)	1000 mcg	250%
Phosphatidylcholine and Phosphatidylethanolamine Complex (from non-GMO sunflower oil)	200 mg	*

* %DV (Daily Value) Not Established

%DV Based on a 2,000 Cal/day Diet.

Other Ingredients: Purified water, glycerin, natural flavors and potassium sorbate (0.1%).

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

Optimal Liposomal L-5-MTHF Meets or Exceeds cGMP Standards.