

Swanson

U L T R A®

The Most Advanced Nutrition Technology

VEG CAPS

Folate

5-Methyltetrahydrofolic Acid

Vitamin Supplement



Quatrefolic®



30 VEGGIE CAPSULES • 800 mcg

- DO NOT USE IF SEAL IS BROKEN.
- STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE:

As a dietary supplement, take one veggie capsule per day with water.

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving	% Daily Value
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Folate	800 mcg DFE	200%
(as Quatrefolic® [6S]-5-methyltetrahydrofolic acid equivalent to 1.6 mg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt)		

Other ingredients: Brown rice flour, hypromellose (vegetable capsule), may contain one or both of the following: magnesium stearate, silica.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148

or visit our website at www.swansonvitamins.com

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