



Foundational



Mood[‡]



Heart/Vessels[‡]

SUGGESTED USE: Take 1 capsule one to three times daily or as recommended by your health-care practitioner.

TAMPER EVIDENT: Use only if bottle is sealed. Store tightly sealed in a cool, dry place.

If pregnant, consult your health-care practitioner before using this product.



GLUTEN FREE

THORNE[®]

5-MTHF 1 mg Methylfolate

DIETARY SUPPLEMENT

60
CAPSULES

SUPPLEMENT FACTS

Serving Size: One Capsule

One Capsule Contains:		%DV
Folate (1 mg as L-5-Methyltetrahydrofolate†)	1.7 mg DFE	425%
Daily Value (DV)		

Other Ingredients: Microcrystalline Cellulose, Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.

†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolate (Extrafolate-S®). Extrafolate-S is a registered trademark of Gnosis S.p.A.

‡This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

manufactured by: THORNE RESEARCH, INC., 1-800-228-1966



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