

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
Fargo, ND 58104 USA • 1-800-437-4148
or visit our website at www.swanson.com

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

**Quatrefolic® is a registered trademark of
Gnosis S.p.A. Corporation.**  Quatrefolic®

WARNING: For adults only. Consult your physician
before using this or any product if you are pregnant or
nursing, taking medication or have a medical condition.
Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.

Rev 1 10 08 18



SWANSON®

Folate 5-Methyltetrahydrofolic Acid

Cellular Health

800 mcg per capsule

VITAMIN SUPPLEMENT | 30 VEGGIE CAPS

Supplement Facts

Serving Size 1 Veggie Capsule

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

Other ingredients: Brown rice flour,
hypromellose (vegetable capsule),
magnesium stearate.

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