



**vitamin**  
**60** veggie capsules  
dietary supplement

**methylfolate**

**800mcg**

metabolically active  
form of folic acid<sup>v</sup>

heart and brain health<sup>v</sup>

essential for  
pregnant women<sup>v</sup>

gluten  
free

soy  
free

dairy  
free

nut  
free

actual size

Distributed by:  
Vitamin Shoppe, Inc.  
Secaucus, NJ 07094  
Visit [www.vitaminshoppe.com](http://www.vitaminshoppe.com)  
or call  
1-800-223-1216.

## Supplement Facts

Serving Size 1 Veggie Capsule

	Amount Per Serving	% Daily Value
Folate (from Calcium L-5-Methyltetrahydrofolate)	800 mcg	333%

**Other ingredients:** Rice flour,  
vegetable cellulose (capsule),  
magnesium  
stearate.

**Does not contain:**  
Animal Derivatives,  
Artificial Colors or  
Flavors.

**DIRECTIONS:** Take one (1) veggie  
capsule daily, preferably with a meal.

**WARNING:** Consult your healthcare  
provider prior to use if you are pregnant,  
nursing, taking any medication or have  
any medical conditions.

<sup>v</sup> These statements have not been  
evaluated by the Food and Drug  
Administration. This product is  
not intended to diagnose, treat,  
cure or prevent any disease.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal is broken or missing.



Item No.  
VS-3499  
2173516