

SUGGESTED USE: Take one capsule daily or as directed by your healthcare professional.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

STORAGE: Keep closed in a cool, dry place out of reach by children.

L-5-MTHF delivers a high-potency dose of 1,000 mcg of pure non-racemic L-5-methyltetrahydrofolate in an easy-to-swallow capsule.

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

L-5-MTHF Meets or Exceeds cGMP Standards.

L5MTHF-60-CAPS REV. 060818



P H Y S I C I A N F O R M U L A T E D



Seeking Health®

L-5-MTHF

1,000 mcg

Dietary Supplement

60 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Folate	1000 mcg DFE	250%
[as Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt]		

Other Ingredients: Microcrystalline cellulose, vegetarian capsule (hypromellose and water), ascorbyl palmitate, L-leucine, and silica.

Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.

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