

SUGGESTED USE: Gently shake before use. Place 2 ml (½ tsp or about 40 drops) into a glass of juice or water and take by mouth. May also place directly into the mouth and swallow. Use as directed by your healthcare professional.

Children and pregnant or lactating women should consult with their healthcare professional prior to use.

STORAGE: Store in a cool, dry place away from direct sunlight. For maximum potency, after opening: refrigerate and use within 40 days. Keep out of reach of children.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, or wheat.

Optimal Liposomal L-5-MTHF Meets or Exceeds cGMP Standards.

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Seeking Health®

Optimal
Liposomal
L-5-MTHF

1 mg

Dietary Supplement

2 FL. OZ. (60 ML)

Supplement Facts

Serving Size: ½ tsp or approx. 40 drops (2 ml)
Servings Per Container: Approx. 30

	Amount Per Serving	%DV
Folate (as L-5-methylfolate)	1000 mcg DFE	250%
Phosphatidylcholine and Phosphatidylethanolamine Complex (from non-GMO sunflower oil)	200 mg	*

* Daily Value (DV) Not Established

Other Ingredients: Purified water, glycerin, natural flavors, and potassium sorbate (0.1%, to prevent spoilage).

Manufactured for and Distributed by:

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MTHF-2OZ-LIPO