

DIRECTIONS: Take one to two capsules daily, or as directed by your healthcare practitioner.

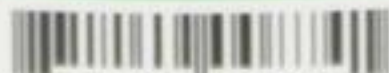
Dieters and pregnant or lactating women should consult their healthcare practitioner prior to use. Do not use if tamper seal is damaged.

5-MTHF 5mg provides 10,000 mcg of 5-MTHF (5-methyltetrahydrofolate). As serving 5-MTHF is the most biologically active form of the water-soluble B-vitamin, folate, and it may be the preferred form for those with variations in digestion, absorption, or folate metabolism. Data suggest that in comparison to synthetic folic acid, 5-MTHF increases plasma folate more effectively. In this formula, 5-MTHF is provided as Quatrefolic®—the potassium salt of 5-MTHF. Quatrefolic has demonstrated greater stability, stability, and bioavailability when compared to calcium salt form of 5-MTHF.*

*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.

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

DOES NOT CONTAIN: Wheat, gluten, corn, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, animal sweeteners, or preservatives.



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VILLAGE
VITALITY

5-MTHF 5mg

Bioactive Folate as Quatrefolic®

Dietary Supplement

Pharmaceutical Grade • Professional Use Only

60 Vegetable Capsules

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

Amount Per Serving %Daily Value

Folate	10,000 mcg	2500%
(as (6S)-5-methyltetrahydrofolic acid, glucosamine salt†)		

Other Ingredients: Microcrystalline cellulose, HPMC (capsule), stearic acid, magnesium stearate, and silica.

5-MTHF 5mg Meets or Exceeds cGMP Quality Standards.



Quatrefolic

† Quatrefolic® is a registered trademark of Gnosis S.p.A. Patents pending.

Manufactured for:

Village Vitality, LLC

Saugerties, NY

www.villagevitality.com

800-807-6861



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