

CONTAINS NO Artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Unlike folic acid, Quatrefolic® 5-Methylfolate is the biologically active form of folate. Methylfolate is required to support cardiovascular and cognitive health, as well as the production of new cells and maintain healthy homocysteine levels.[†] Due to the combination of certain metabolic mutations, poor detoxification, increased stressors and insufficient absorption, our ability to transform folic acid into the active folate form may be inadequate.[†] Quatrefolic® 5-Methylfolate is bound to a glucosamine salt, which can enhance absorption.[†]

Quatrefolic® is a registered trademark of Grun S.P.A. Protected by U.S. Patent # 7,947,562

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

† 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.



VILLAGE
VITALITY

Methyl Folate 400 mcg 5-MTHF

Supports cardiovascular, brain,
and cellular health[†]

Dietary Supplement



90 VEGETARIAN TABLETS

Distributed by:
Village Vitality, LLC • Saugerties, NY 12477

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 90

Amount Per Serving	% Daily Value
Folate (from 800 mcg Quatrefolic® 5-methyl-tetrahydrofolate glucosamine) 667 mcg DFE (400 mcg 5-MTHF)	167%

OTHER INGREDIENTS: CELLULOSE, SILICA,
STEARIC ACID (VEGETABLE SOURCE), CALCIUM
STEARATE (VEGETABLE SOURCE).

SUGGESTED USE: Take one tablet daily with
or without food, or as recommended by a
healthcare practitioner.

KEEP OUT OF REACH OF CHILDREN. VVL 210-90A