

FREEDA®



METHYL FOLATE

800 mcg

(Replaces Folic Acid)

Vitamin Supplement
100 TABLETS



PAREVE

NO GLUTEN
NO LACTOSE
NO ARTIFICIAL COLORS
NO ARTIFICIAL FLAVORS
NO ANIMAL DERIVATIVES
NO SUGAR OR STARCH
NO GELATIN
NO YEAST

FREEDA HEALTH Manufactured in a GMP
1-800-777-3737 certified facility in the USA
Brooklyn, NY 11210 / www.freedahhealth.com



VEGAN 

Supplement Facts

Serving Size 1 Tiny Tablet

Amount Per Tablet	% Daily Value	
Folate (as (6S) - 5 - methyltetrahydrofolic acid, calcium salt)	1334 mcg DFE	334%

Other ingredients: Cellulose, calcium phosphate, vegetarian stearate, silica, croscarmellose sodium.

Suggested use: Adults, take one (1) tablet daily preferably with food and liquid.

Store product at room temperature. Do not expose to excessive heat or moisture.

KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN.

