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This product contains NO yeast, wheat, gluten, soy, milk/dairy, sodium, sugar, starch, artificial preservatives, artificial flavoring, or genetically modified organisms (GMOs).

Suggested Usage: As a dietary supplement, adults take 1 capsule daily or as directed by a healthcare professional.

WARNING: If you are pregnant, nursing, have any health condition or taking any medication, consult your health care practitioner before using this product.

Quatrefolic® is a registered trademark of Gnosis S.p.A. Patent No. 7,947,662

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

Formula #202268

Methyl Folate 5 mg 5-MTHF

A Dietary Supplement



60 Vegetarian Capsules

Supplement Facts

Serving Size 1 Vegetarian Capsule
Servings Per Container 60

Amount Per Serving	%DV
Folate5 mg (as Quatrefolic® (6S)- 5-Methyltetrahydrofolic acid, glucosamine salt)	1,250%

%Daily Value (DV)

Other ingredients: Microcrystalline cellulose and hydroxypropyl methylcellulose (capsule).

Manufactured for: **Douglas Laboratories**
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