

SUGGESTED USE: Adults, as a dietary supplement, take one (1) capsule daily.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS BROKEN.

IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION, HAVE A MEDICAL CONDITION, OR DO NOT TOLERATE FOLATE, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.

Dr. Mercola has been providing quality products since 2001.

Formula # 202409-30 / 84093832

10240-v200



8 10487 03086 1

DR. MERCOLA®

METHYL FOLATE

5 mg Per Capsule

Dietary Supplement

30 Capsules

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

	Amount Per Serving	%Daily Value
Folate^ [5,000 mcg Folic Acid equivalent (from (6S)- 5-Methyltetrahydrofolic acid, Glucosamine Salt)]	8,335 mcg DFE	2084%

OTHER INGREDIENTS: Microcrystalline Cellulose, Capsule (Hydroxypropyl Methylcellulose), Silicon Dioxide.

DISTRIBUTED BY: NHP, 125 SW 3rd Place
Cape Coral, FL 33991 USA (877) 985-2696

^5 mg 5-MTHF [(6S)-5-Methyltetrahydrofolic acid]