

Scan for
product info

Read the entire label and follow the directions
carefully prior to use.

DIRECTIONS: Take one (1) tablet daily
with food, or as recommended by a
healthcare practitioner.

Store tightly closed in a cool, dry place.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



L01939C



**LIFE
EXTENSION®**

**Optimized
Folate**
L-Methylfolate
1000 mcg



**Metabolically Active
Form of Folic Acid**

100 VEGETARIAN
TABLETS

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Vegetarian Tablet

Amount Per Serving	% Daily Value
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Folate	1,000 mcg°	250%
[as (6S)-5-Methyltetrahydrofolate, calcium salt]		

° DFE (dietary folate equivalents)

Other ingredients: microcrystalline
cellulose, dicalcium phosphate,
croscarmellose sodium, silica, vegetable
stearate, stearic acid.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
LifeExtension.com

To report a serious adverse event or
obtain product information,
contact 1-866-280-2852.