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

**Warning:** If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

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

**KEEP OUT OF THE REACH OF CHILDREN.**

Store in a cool, dry place. Use only if safety seal is intact.



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**Gluten-free, Non-GMO**

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula #202268 V2

# Methyl Folate 5 mg

**Dietary Supplement**



**60 Vegetarian Capsules**

## Supplement Facts

Serving Size 1 Vegetarian Capsule

Servings Per Container 60

	Amount Per Serving	%DV
Folate .....	8,333 mcg DFE	2,083%
(as Quatrefolic® (5,000 mcg L-5-MTHF) [6S]-5-MTHF acid, glucosamine salt)		
% Daily Value (DV)		

Other ingredients: Microcrystalline cellulose and hydroxypropyl methylcellulose (capsule)

Manufactured by: Douglas Laboratories  
600 Boyce Road, Pittsburgh, PA 15205  
[www.douglaslabs.com](http://www.douglaslabs.com) 1.800.245.4440