



VEGAN



NON-GMO



GLUTEN FREE



SOY FREE

5-MTHF

Folate is an essential micronutrient needed for optimal methylation. 5-MTHF is the bioavailable form of folate and it significantly impacts biochemical reactions in the body. When optimal methylation occurs, the body is better able to regulate cardiovascular, neurological, reproductive, and detoxification systems.

FRESH NUTRITION

Our goal is to create high-quality natural products using both organic and responsibly sourced ingredients to optimize health and well-being.

RECOMMENDED DOSAGE

Take one (1) capsule daily with sufficient water before a meal.

No Artificial Colors.
No Artificial Flavors.
No Preservatives.

Gluten-Free. Vegan.
Made with Non-GMO,
All Natural Ingredients!



To provide our consumers with complete confidence in our product quality, every batch is 3rd party tested for quality & purity.

fresh
nutrition

Maximum Potency

5-MTHF
METHYLFOLATE

7.5mg
Per Serving

**BRAIN
HEALTH
SUPPORT**

- Promotes Positive Mood & Cognition*
- Supports Cardiovascular Health*
- Superior Bioavailability*

30 Capsules | Dietary Supplement



www.fresh-nutrition.com



Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30

Amount Per Serving	%DV
5-MTHF (L-5-Methyltetrahydrofolate)	7.5mg*

*Daily Value not established.

Other Ingredients: Non-GMO Rice Flour Powder,
Microcrystalline Cellulose.

Fresh Nutrition produces the most potent and highest quality 5-MTHF. Our raw materials are carefully sourced and cultivated; contain no fillers, additives, and are manufactured domestically in a cGMP facility. Thank you for choosing Fresh!



Manufactured & Packed for Fresh
Nutrition by Excelsior Nutrition Inc.
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*These statements have not been evaluated
by the Food and Drug Administration. This
product is not intended to diagnose, treat,
cure, or prevent any disease.



For More Info Visit www.fresh-nutrition.com