Each preservative-free vegetarian capsule contains only the active ingredients listed on the label. Excipient-free.

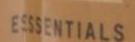
Keep tightly closed in a cool, dry place out of the reach of children.

caution: Pregnant or lactating women, or individuals taking prescription medications, consult your healthcare professional before taking this product.

Manufactured in a GMP Certified Facility
Metabolic Maintenance Products
PO Box 940, Sisters, Oregon 97759
www.metabolicmaintenance.com









DIETARY SUPPLEMENT

5-MTHF (L-Methylfolate)

30 CAPSULES

5 mg

DIRECTIONS: Use only as directed by a healthcare professional.

Supplement Facts

Serving Size: 1 capsule

Amount Per Capsule

% Daily Value

L-Methylfolate 5 mg 1250 % (from 5-Methyltetrahydrofolate 10 mg)

Glycine

220 mg

* Daily Value not established for this ingredient

Other ingredients: vegetarian capsule

V.O.