

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



ESSENTIALS

90 CAPSULES

**Metabolic
Maintenance**

DIETARY SUPPLEMENT

5-MTHF
(L-Methylfolate)

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