

519015A EXP1/15

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

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

Gluten and Excipient-free

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



Metabolic Maintenance



DIETARY SUPPLEMENT

5-MTHF
10 mg

90 CAPSULES

DIRECTIONS: Use only as directed by a healthcare professional.

Supplement Facts

Serving Size: 1 capsule

Amount Per Capsule	% Daily Value	
Methylfolate	10 mg	2500%
(from 26 mg (6R,S)-5-Methyltetrahydrofolate, calcium salt)		
Glycine	210 mg	*

* Daily Value not established for this ingredient

Other ingredients: vegetarian cellulose capsule