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**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](http://www.metabolicmaintenance.com)



# Metabolic Maintenance



DIETARY SUPPLEMENT

**5-MTHF**  
**15 mg**

**60 CAPSULES**

**DIRECTIONS:** Use only as directed by a healthcare professional.

## Supplement Facts

Serving Size: 1 capsule

| Amount Per Capsule                                         | % Daily Value |       |
|------------------------------------------------------------|---------------|-------|
| <b>Methylfolate</b>                                        | 15 mg         | 3750% |
| (from 39 mg (6R,S)-5-Methyltetrahydrofolate, calcium salt) |               |       |
| <b>Glycine</b>                                             | 195 mg        | *     |

\* Daily Value not established for this ingredient

Other ingredients: vegetarian cellulose capsule