

**Suggested Use:** As a dietary supplement, adults take one (1) vegetarian capsule daily, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

We only put our name on formulas that meet our unrivaled quality standards, and we continue raising the bar on these standards without raising the bar on your budget. Our supplements are GMP (Good Manufacturing Practices) certified, ingredient verified, screened for heavy metals, and formulated without questionable fillers, artificial colors, sweeteners, flavors, and other problematic ingredients. We scrutinize every detail, so you don't have to, because we are, and always have been, your Original good4u<sup>SM</sup> Grocers.

**To Your Health, - The Isely Family**

Manufactured for:

Vitamin Cottage Natural Food Markets, Inc.  
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# METHYL FOLATE

1 MG

*Metabolism Support\**

**90 VEGETARIAN CAPSULES**

DIETARY SUPPLEMENT



## Supplement Facts

Serving Size 1 Vegetarian Capsule

	Amount Per Serving	% Daily Value**
Folate (as Calcium L-5-Methyltetrahydrofolate)	1666 mcg DFE (1 mg Folic Acid)	417%

\*\* Percent Daily Values are based on a 2,000 calorie diet

**Other Ingredients:** Microcrystalline cellulose, capsule (cellulose, water), silica and rice bran.

**Contains No:** sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, magnesium stearate, artificial colors or flavors.

**Caution:** As with any supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, or are under medical supervision for any reason. Keep out of reach of children.

For Serious Adverse Event Reporting Call (877) 455-2826.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

ACTUAL SIZE

8140