

**ActiFolate®** is our exclusive, proprietary blend of three key forms of folate: folic acid, 5-formyl tetrahydrofolate, and L-5-methyl tetrahydrofolate (L-5-MTHF). This combination of folates uniquely supports healthy methylation, homocysteine levels, pregnancy, mental function, and other critical functions of folate. Providing three forms of folate may better ensure optimal folate nutrition—even in those with genetic variations in folate metabolism (up to 40% of the population) who may not receive the vital benefits expected from dietary or supplemental folic acid.

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

**DIRECTIONS:** Take one tablet daily or as directed by your healthcare practitioner.

**CAUTION:** If pregnant or nursing, or taking medication, please consult your healthcare practitioner before use. Keep out of the reach of children.

**STORAGE:** Keep tightly closed in a cool, dry place.  
**Formulated to Exclude:** Wheat, gluten, corn protein, soy, animal or dairy products, nuts, tree-nuts, fish, crustacean shellfish, colors, artificial flavors, and preservatives



# ActiFolate®

Comprehensive  
Folate Nutrition

Dietary Supplement • Vegetarian

60 TABLETS

## Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 60

Amount Per Serving	% Daily Value
Folate* (as folic acid, 800 mcg L-5-methyl tetrahydrofolate** , 5-formyl tetrahydrofolate)	200%

Other Ingredients: Microcrystalline cellulose, stearic acid, and silica.

Developed and Manufactured by:  
**METAGENICS, INC.**

Makers of Professional Quality Supplements  
100 Ave. La Pata, San Clemente, CA 92673  
[www.metagenics.com](http://www.metagenics.com)

\*Featuring ActiFolate®, a proprietary blend of active folates.

\*\*As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904.

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