

Unlike folic acid, Quatrefolic® 5-Methylfolate is the biologically active form of folate. Methylfolate is required to support cardiovascular and cognitive health, as well as the production of new cells and maintain healthy homocysteine levels.† Due to the combination of certain metabolic mutations, poor detoxification, increased stressors and insufficient absorption, our ability to transform folic acid into the active folate form may be inadequate.† Quatrefolic® 5-Methylfolate is bound to a glucosamine salt, which can enhance absorption.†

CONTAINS NO Artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

 **Quatrefolic** Quatrefolic® is a registered trademark of ChiroS S.P.A. Protected by U.S. Patent # 7,947,662.

Store in a cool, dry place.

We Guarantee Our Supplements for Potency and Purity
To report a serious adverse event, call 1-888-710-0006

† 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.



Woodstock
— VITAMINS —

Methyl Folate 400 mcg 5-MTHF

SUPPORTS CARDIOVASCULAR,
BRAIN, AND CELLULAR HEALTH!



DIETARY SUPPLEMENT
90 Vegan Tablets

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 90

Amount Per Serving	% Daily Value	
Folate	667 mcg DFE (400 mcg 5-MTHF)	167%
(from 800 mcg Quatrefolic® 5-methyl-tetrahydrofolate glucosamine)		

Other ingredients: Cellulose, silica, stearic acid (vegetable source), calcium stearate (vegetable source).

Distributed by: Village Vitality LLC
Woodstock, NY 12498
woodstockvitamins.com

SUGGESTED USE: Take one tablet daily with or without food, or as recommended by a healthcare practitioner.

KEEP OUT OF REACH OF CHILDREN.

VVL 210-90B

