

**Suggested Use:** Take 1 capsule daily with or without food, or as recommended by a Healthcare Practitioner.

**Formulated Without: GMOs, Gluten or Soy.**

**Warnings:** Keep out of reach of children. As with all dietary supplements, it is recommended to consult with a healthcare professional before adding something new to your health and wellness regimen.

**Sealed for your protection. Do not use if seal is missing or broken. Store in a cool, dry place.**

**\*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.**



**LAKE AVENUE™**  
**NUTRITION**

# Methyl Folate

## 800 mcg

**Bioavailable  
Form of Folate\***

**Dietary  
Supplement**

**120 Veggie Capsules**

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 120

|                                                              | Amount<br>Per Serving | %Daily<br>Value |
|--------------------------------------------------------------|-----------------------|-----------------|
| Vitamin C (as Ascorbic Acid)                                 | 40 mg                 | 67%             |
| Folate<br>(6S)-5-Methyltetrahydrofolic<br>Acid, Calcium Salt | 800 mcg               | 200%            |

† Daily Value not established.

**Other Ingredients:** Rice, Hypromellose (Vegetable Capsule), and Magnesium Stearate.

*Not manufactured with milk, egg, fish, shellfish, tree nuts, peanuts, wheat, soy, or gluten. Produced in a third-party GMP facility that may process other products that contain these allergens or ingredients.*

Lake Avenue Nutrition™ is trademark of Madre Labs, LLC

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