

L-5-MTHF SAP™ — L-Methylfolate helps to form red blood cells;* helps the body to metabolize proteins;* and helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy.*

All ingredients listed for this product lot number have been tested by a third-party laboratory for identity, potency, and purity.

Directions for use: Adults: Take 1 capsule daily with food or as directed by your healthcare practitioner. If you are taking other medications, take this product a few hours before or after them.

Contains no: Gluten, soy, wheat, corn, eggs, dairy, yeast, citrus, preservatives, artificial flavor or color, starch, or sugar.

Cautions and warnings: Folate supplementation can mask a vitamin B₁₂ deficiency; consult a healthcare practitioner if you are uncertain whether or not you are taking adequate vitamin B₁₂.

This product is non-GMO and vegan friendly.

Do not use if seal is broken. Keep out of reach of children.

Color, size and smell may vary from one lot to another.

*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.



L-5-MTHF SAP

L-5-Methyltetrahydrofolate

DIETARY SUPPLEMENT

nfh.ca

60 CAPSULES

Supplement Facts

Serving Size: 1 Capsule

Servings: 60

	Amount Per Serving	% Daily Value
L-Methylfolate (from calcium L-5-methyltetrahydrofolate)	1700 mcg DFE	425%

** Daily Value not established.

Other ingredients: Vegetable magnesium stearate, silicon dioxide and microcrystalline cellulose in a capsule composed of vegetable hypromellose and purified water.

MADE IN CANADA
NFH - NUTRITIONAL FUNDAMENTALS FOR HEALTH INC.
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NPN 80053719



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