

CAUTION: Pregnant or lactating women, or individuals taking prescription medications, consult your healthcare professional before taking this product.

Keep tightly closed in a cool, dry place, out of the reach of children.



EGG FREE



GLUTEN FREE



FREE OF NUTS



DAIRY FREE

Manufactured in a GMP Compliant Facility
Metabolic Maintenance®
601 N Larch Street, Sisters, Oregon 97759
Contact # 800-772-7873
MetabolicMaintenance.com



DIETARY SUPPLEMENT

L-Methylfolate

5 mg

90 CAPSULES

DIRECTIONS: Use only as directed by a healthcare professional.

Supplement Facts

Serving Size: 1 capsule

Amount Per Capsule		% Daily Value
Folate	8.3 mg DFE	2075%
(5 mg folate from 6.8 mg L-5-Methylfolate, calcium salt)		
Glycine	265 mg	*

*Daily Value not established for this ingredient

Other ingredients: vegetarian cellulose capsule

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