

DIRECTIONS: One (1) capsule daily with meals as a dietary supplement, or as directed by a healthcare professional.

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 # 888-242-5327
MethylPro.com



METHYLPRO®

PROFESSIONAL STRENGTH L-METHYLFOLATE



DIETARY SUPPLEMENT

Multivitamin
+ 15 mg
L-Methylfolate

30 CAPSULES

Supplement Facts

Serving Size: 1 capsule

Amount Per Capsule	% Daily Value	
Vitamin A (3,000 IU as Palmitate)	900 mcg RAE	100%
Vitamin C (as Ascorbic Acid and Ascorbyl Palmitate)	150 mg	167%
Vitamin D-3 (2,000 IU as Cholecalciferol)	50 mcg	250%
Vitamin E (100 IU as d-Alpha Tocopheryl Acid Succinate)	67 mg	447%
Thiamine (as Thiamine Mononitrate)	10 mg	833%
Riboflavin (as Riboflavin 5' Phosphate)	10 mg	769%
Niacin (as Niacinamide)	50 mg NE	313%
Vitamin B-6 (as Pyridoxal 5' Phosphate)	10 mg	588%
Folate (15 mg from 20.5 mg L-5-Methylfolate, calcium salt)	25 mg DFE	6250%
Vitamin B-12 (as Methylcobalamin)	1000 mcg	41667%
Biotin	100 mcg	333%
Pantothenic Acid (as Calcium D-Pantothenate)	50 mg	1000%
Iodine (as Potassium Iodide)	100 mcg	67%
Zinc (as Zinc Citrate)	15 mg	136%
Selenium (as L-Selenomethionine)	100 mcg	182%
Manganese (as Manganese Gluconate)	5 mg	217%
Chromium (as Chromium Niacinate)	100 mcg	286%
Molybdenum (as Molybdenum Glycinate)	75 mcg	167%
Choline (as Choline Bitartrate)	55 mg	10%

Other ingredients: vegetarian cellulose capsule. Vitamin E is derived from soy oil.