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.













DIETARY SUPPLEMENT

L-Methylfolate 2.5 ma

DIRECTIONS: Use only as directed by a healthcare professional.

Supplement Facts

Serving Size: 1 capsule

Amount Per Capsule % Daily Value Folate 4.2 mg DFE 1050% (2.5 mg folate from 3.4 mg L-5-Methylfolate, calcium salt) Glycine 270 mg

* Daily Value not established for this ingredient

Other ingredients: vegetarian cellulose capsule

30 CAPSULES