

IMPORTANT:

STORE IN A COOL DRY PLACE AND TIGHTLY
CAPPED.

KEEP OUT OF THE REACH OF CHILDREN.

FREE OF: Milk, Eggs, Fish, Shellfish, Tree Nuts,
Peanuts, Wheat or Soy



Manufactured Exclusively by:
KIRKMAN®

Lake Oswego, OR 97035
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KIRKMANGROUP.COM

HYPOALLERGENIC | GLUTEN-FREE**KIRKMAN®**

5-MTHF

METHYLTETRAHYDROFOLATE

5 MG**DIETARY
SUPPLEMENT****60
CAPSULES****SUGGESTED USE:**

One capsule daily or as directed by a physician.

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

Each Serving Contains	Amount per Serving	% Daily Value
Folate (as Calcium L-5-Methyltetrahydrofolate) 5 mg	8.33 mg DFE	2083%

5-MTHF is a biologically active form of folic acid

Other Ingredients: Microcrystalline Cellulose,
Vegetarian Capsule (hypromellose and water)



0478-060 • 071620