

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

HYPOALLERGENIC | GLUTEN-FREE**SUGGESTED USE:**

One capsule daily or as directed by a physician.

KIRKMAN®

5-MTHF

METHYLTETRAHYDROFOLATE

5 MG

**DIETARY
 SUPPLEMENT**

**60
 CAPSULES**

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)



Manufactured Exclusively by:
KIRKMAN®

Lake Oswego, OR 97035
 503.694.1600
 1.800.245.8282
 KIRKMANGROUP.COM



0478-060 • 012621