

Suggested Use: Take 1 capsule daily with food, or as recommended by a qualified healthcare professional.

Formulated Without: Gluten, GMOs or Soy

Warnings: Keep out of reach of children. Consult with a licensed physician, pharmacist, naturopath or other qualified healthcare professional prior to taking dietary supplements.

Sealed for your protection. Do not use if seal is missing or broken. Store in a cool dry place. Protect from heat, light, and moisture.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Methyl Folate

1360 mcg DFE

From Bioavailable 5-MTHF*



LAKE AVENUE[®]
NUTRITION

Dietary Supplement 120 Veggie Capsules

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 120

	Amount Per Serving	%Daily Value
Vitamin C (as Ascorbic Acid)	40 mg	44%
Folate (as (6S)-5-Methyltetrahydrofolic Acid (5-MTHF), Calcium Salt)	1360 mcg DFE	340%

Other Ingredients: Rice Flour, Modified Cellulose (Veggie Capsule), and Magnesium Stearate.

Not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame, or gluten. Produced in an FDA-registered, third-party audited, and cGMP-compliant facility that may process other products that contain these allergens or ingredients.

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Manufactured for: Madre Labs, LLC
17400 Laguna Canyon Rd., Suite 400
Irvine, CA 92618

info@LakeAvenueNutrition.com
www.LakeAvenueNutrition.com

LREV1221mf120 lkn1677

