

DIRECTIONS: Take one to two capsules daily, or as directed by your healthcare professional.

Consult your healthcare professional prior to use. Individuals taking medication should discuss potential interactions with their healthcare professional. Do not use if tamper seal is damaged.

5-MTHF ES provides 17,000 mcg DFE of 5-MTHF (5-methyltetrahydrofolate) per serving. 5-MTHF is the most biologically active form of the water-soluble B vitamin, folate; and it may be the preferred form for those with variations in digestion, absorption, or folate metabolism. Data suggest that in comparison to synthetic folic acid, 5-MTHF increases plasma folate more effectively. In this formula, 5-MTHF is provided as Quatrefolic®—the glucosamine salt of 5-MTHF. Quatrefolic has demonstrated greater stability, solubility, and bioavailability when compared to calcium salt forms of 5-MTHF.*

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

STORAGE: Keep closed in a cool, dry place out of reach of children.

FORMULATED TO EXCLUDE: Wheat, gluten, corn, yeast, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, and artificial preservatives.

 Quatrefolic® S1. Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under U.S. Patent 7,947,662.



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5-MTHF ES

Bioactive Folate as Quatrefolic®

ePV:

60 Vegetarian Capsules | **Dietary Supplement**



EXCLUSIVE PROFESSIONAL FORMULAS

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Folate (as (6S)-5-methyltetrahydrofolic acid, glucosamine salt) ^{§†}	17,000 mcg DFE	4,250%

Other Ingredients: Microcrystalline cellulose, capsule (hypromellose and water), stearic acid, magnesium stearate, and silica.

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