

SUGGESTED USE: Adults, as a dietary supplement, take one (1) capsule daily.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS BROKEN.

IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION, HAVE A MEDICAL CONDITION, OR DO NOT TOLERATE FOLATE, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.

10240-v201



DR. MERCOLA[®]

METHYL FOLATE

5,000 mcg Per Capsule

30 CAPSULES

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

	Amount Per Serving	%Daily Value
Folate [5,000 mcg Folic Acid (from (6S)-5-Methyl- tetrahydrofolic acid, Glucosamine Salt)]	8,335 mcg DFE	2084%

OTHER INGREDIENTS: Microcrystalline Cellulose, Capsule (Hydroxypropyl Methylcellulose), Silicon Dioxide.

DISTRIBUTED BY: NHP, 125 SW 3rd Place
Cape Coral, FL 33991 USA (877) 985-2696

Providing quality products since 2001.