

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

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

5-MTHF, provided as Quatrefolic[®], is the most biologically active form of the water-soluble B vitamin, folic acid. It is the preferred form of folate supplementation due to an array of conditions that can limit conversion or absorption of folic acid. Data indicate that supplementing with 5-MTHF increases plasma folate more effectively than folic acid.*

***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.

DOES NOT CONTAIN: Wheat, gluten, corn, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.



Woodstock
— VITAMINS —

L-Methylfolate 1mg

Bioactive Folate as Quatrefolic[®]

DIETARY SUPPLEMENT

60 VEGETARIAN CAPSULES

Supplement Facts

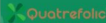
Serving Size: 2 Capsules

Servings Per Container: 30

	Amount Per Serving	%Daily Value
Folate (as Quatrefolic [®] (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	2000 mcg DFE	500%

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

Manufactured in a GMP compliant facility.

 Quatrefolic[®] is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.

Distributed By: Village Vitality LLC

79 Tinker Street Fl 2
Woodstock, NY 12498
(845) 521-7455

www.WoodstockVitamins.com



REV. 081716 049271-13

This package is completely recyclable 