

**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

## 800 mcg

### 1360 mcg DFE Folate From Bioavailable 5-MTHF\*



LAKE AVENUE<sup>®</sup>  
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	1360 mcg DFE (800 mcg as (6S)-5-MTHF)	340%
	[(6S)-5-Methyltetrahydrofolic Acid Calcium Salt]	

**Other Ingredients:** Rice Flour, Modified Cellulose (Hypromellose 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.*

Lake Avenue Nutrition<sup>®</sup> is a registered trademark of Madre Labs, LLC

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