

Report any adverse reactions to 860.623.6314

Notice: Color, size or shape may appear different between lots.

Does not contain gluten.

MTH060



designs for health®



L-5-MTHF 5 mg

Natural S-Isomer

Dietary Supplement
For Professional Use Only
60 Vegetarian Capsules

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value	
Folate	5 mg	1250%
(as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 10 mg)		

Other Ingredients: Microcrystalline cellulose, spinach juice powder, L-leucine.



Formulated and distributed by:
Designs for Health, Inc.
980 South Street, Suffield, CT 06078
Manufactured in a GMP Audited Facility in Arlee, MT, USA
www.designsforhealth.com

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Recommended Use: As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.

Does not contain gluten.

L-5- MTHF is a natural, biologically active form of folate. It offers the benefits of optimal folate supplementation without the potential risks associated with chronic exposure to unmetabolized synthetic folic acid.

Quatrefolic® is covered by U.S. Patent No. 7,947,662 and is a registered trademark of Gnosis S.p.A.

