

SUGGESTED USE: Take one capsule daily, or use as directed by your healthcare professional. Do not take within 5 hours of bedtime as it may interfere with sleep.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

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

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, GMO, gluten, artificial colors, or artificial flavors.

L-5-MTHF Meets or Exceeds cGMP Quality Standards.



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T A R G E T E D S U P P O R T[®]



SeekingHealth[®]

L-5-MTHF

1,700 mcg DFE

Dietary Supplement

60 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Folate	1,700 mcg DFE (1,000 mcg)	425%
[as Quatrefolic [®] (6S)-5-methyltetrahydrofolate, glucosamine salt]		

Other Ingredients: Microcrystalline cellulose, vegetarian capsule (hypromellose and water), ascorbyl palmitate, L-leucine, and silica.

Find Other Effective Health Products At
www.seekinghealth.com



Manufactured for and Distributed by:

Seeking Health, LLC
3140 Mercer Ave
Bellingham, WA 98225
(800) 547-9812

L5MTHF-60-CAPS-A REV. 092320

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