

**SUGGESTED USE:** Take 1 capsule daily, or use as directed by your healthcare professional. Do not take within 5 hours of bedtime as it may interfere with sleep.

**CAUTION:** 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 of children.

**L-5-MTHF supports healthy methylation using a bioactive, superior form of methylfolate.†**

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

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

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

†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.



T A R G E T E D   S U P P O R T ®



SeekingHealth®

**L-5-MTHF**

L-Methylfolate  
25,500 mcg DFE

**Dietary Supplement**  
**60 VEGETARIAN CAPSULES**

# Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Folate	25,500 mcg DFE (15,000 mcg)	6,375%
[as Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt]		

**Other Ingredients:** L-glycine, vegetarian capsule (hypromellose and water).

**Manufactured for and Distributed by:**  
Seeking Health, LLC  
3140 Mercer Ave  
Bellingham, WA 98225  
(800) 547-9812

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FROM GLOBALLY SOURCED INGREDIENTS  
THIRD-PARTY INDEPENDENTLY TESTED



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