

Suggested Use: 1 capsule daily with food.

L-MethylFolate contains active form of vitamin B₉. The tablets are sweetened with mannitol and may be dissolved in the mouth and swallowed or swallowed whole if desired.

Do not use if shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. **KEEP OUT OF REACH OF CHILDREN.**

Produced under a strict quality management system in compliance with Good Manufacturing Practices (GMPs) and third-party quality certifications.

Distributed by:
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BRAINCHILD
NUTRITIONALS

L-MethylFolate

Biologically Active Folate
1,700 mcg DFE (1,000 mcg)

Folate Supplement

60 Capsules

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Capsule	% Daily Value
Folate (as Metafolin®† calcium 1,700 mcg DFE 425%	
L-5-methyltetrahydrofolate) (1,000 mcg)	

Other ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, and silicon dioxide.

Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, gluten, soybeans, and corn. Contains no artificial colors, flavors, or preservatives.