

Scan for
product info

Read the entire label and follow
the directions carefully.

DIRECTIONS: Take one
(1) tablet daily with food,
or as recommended by a
healthcare practitioner.

CAUTION: Consult your
healthcare provider if you
are at risk of vitamin B12
deficiency, as high-dose
folate may mask signs.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is damaged.
- Consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



**LIFE
EXTENSION®**

**Optimized
Folate
L-Methylfolate**



GLUTEN FREE

1700 mcg DFE



**Metabolically Active
Form of Folic Acid**

100

**VEGETARIAN
TABLETS**

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Vegetarian Tablet

Amount Per Serving		% Daily Value
Folate	1700 mcg ^o	425%
[as (6S)-5-Methyltetrahydrofolate, calcium salt]		

^o DFE (dietary folate equivalents)

Other ingredients: microcrystalline
cellulose, dicalcium phosphate,
croscarmellose sodium, silica,
vegetable stearate, stearic acid.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
LifeExtension.com

To report a serious adverse event or
obtain product information,
contact 1-866-280-2852.

Store tightly closed in a cool, dry place.



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