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product info

Read the entire label and follow the directions carefully prior to use.

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

Store tightly closed in a cool, dry place.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Q01439B

LifeExtension®

Optimized Folate

L-Methylfolate • 1000 mcg



Metabolically Active
Form of Folic Acid

Dietary
Supplement

100 Vegetarian
Capsules

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving		% Daily Value
Folate	1000 mcg	250%
[as (6S)-5-Methyltetrahydrofolic acid, glucosamine salt]^		

Other ingredients: microcrystalline cellulose,
vegetable cellulose (capsule), silica, vegetable
stearate.

Manufactured for:
Quality Supplements and Vitamins, Inc.,
Ft. Lauderdale, FL 33309
info@lifeextension.com • www.lef.org
To report a serious adverse event or obtain product
information, contact 1-866-280-2852.

^Quatrefolic® is a registered trademark of Gnosis S.p.A.