

Folic Acid must first be converted to its active form by a series of biochemical steps, before it is able to be used by the body. Metafolin® (L-methylfolate) requires no conversion because it is bioidentical to the bio-active form. In other words, it is 'body-ready'. This can be useful for individuals whose bodies have difficulty converting folic acid to its active form. The active folate in this formulation promotes heart health. It also supports a healthy nervous system and the formation of healthy red blood cells.*

*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.

Carefully Manufactured by:
Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4, www.solgar.com
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SOLGB71940 03C



FOLATE 400 MCG (AS METAFOLIN®)

HEART HEALTH*

Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



100 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Folate	400 mcg	100%
(as L-methylfolate as Metafolin®)		

DV = Daily Value

Provides a dietarily insignificant
amount of sugar alcohol

Other Ingredients: Mannitol, Microcrystalline Cellulose, Vegetable Stearic Acid, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet one to two times daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification # K-1250

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