

SUGGESTED USAGE: Take 1 tablet daily with a meal, or as directed by your healthcare practitioner.

HOW IT WORKS: Folate consumed in the diet or from supplements must be converted to its active form, 5-Methyltetrahydrofolate (5-MTHF), to be used by the body. This is a multi-step biochemical process that, in some circumstances, may not be efficient enough to meet the body's needs. In addition, unlike folic acid, 5-MTHF can penetrate the blood-brain barrier. This product utilizes a patented form of 5-MTHF with superior bioavailability.

CAUTIONS/INTERACTIONS: For adults only. The elderly and individuals with conditions that may impair vitamin B-12 absorption should frequently check vitamin B-12 status when taking this product as high-dose folic acid may mask vitamin B-12 deficiency. Consult physician if pregnant/nursing, taking medication (especially phenobarbital, phenytoin, primidone, and methotrexate), or have a medical condition (especially any condition involving nutrient malabsorption). Keep out of reach of children.

Do Not Eat Freshness Packet. Keep in Bottle.

Natural color variation may occur in this product.

CODE
P0491
V3



**PROTOCOL
FOR LIFE BALANCE®**

5-Methyl Folate 1,000 mcg

- Metabolically Active Folate*
- Superior Bioavailability



90 Tablets

A Dietary Supplement Vegetarian/Vegan

Non-GMO

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%Daily Value
Folate	1,667 mcg DFE [1,000 mcg (6S)-5-MTHF**]	417%
[from Quatrefolic® (6S)-5-MTHF** Glucosamine Salt]		

Other ingredients: Cellulose, Stearic Acid (vegetable source) and Silica.

Protocol For Life Balance®, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA protocolforlife.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Quatrefolic® is a registered trademark of Gnosis S.p.A. and protected by U.S. Patent 7,947,662.

**MTHF = Methyltetrahydrofolate

***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.**