

Scan for  
product info

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

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

**CAUTION:** Do not use this product if treated with methotrexate, fluorouracil, phenytoin, phenobarbital, primidone, or levodopa prior to consultation with your personal physician.

Non-GMO

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.



Q01913B

# LifeExtension®

## High Potency Optimized Folate L-Methylfolate • 5000 mcg



### Metabolically Active Form of Folic Acid

Dietary  
Supplement

30 Vegetarian  
Tablets

## Supplement Facts

Serving Size 1 Vegetarian Tablet

Amount Per Serving		% Daily Value
Folate	5,000 mcg	1250%
[as (6S)-5-Methyltetrahydrofolate, calcium salt]		

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

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.

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.