

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.**

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# FOLATE 800 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                            | 800 mcg | 200% |
| (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 daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication 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, torn or damaged in any way.

Solgar's KOF-K certification # K-1250

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