



**PROTOCOL  
FOR LIFE BALANCE®**

# 5-Methyl Folate 5,000 mcg

- Metabolically Active Folate\*
- Superior Bioavailability



**50 Veg Capsules**

A Dietary Supplement Vegetarian/Vegan

**Non-GMO**

## Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	%Daily Value
Folate	8,333 mcg DFE** [5,000 mcg (6S)-5-MTHF***]	2083%
	[from (6S)-5-MTHF*** Glucosamine Salt]	

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

Protocol For Life Balance®, 395 S. Glen Ellyn Rd.  
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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.

\*\*DFE = Dietary Folate Equivalent

\*\*\*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.

**SUGGESTED USAGE:** Take 1 capsule 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.

Natural color variation may occur in this product.

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P0492  
V1

