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This product contains NO yeast, wheat, gluten, soy, milk/dairy, sodium, sugar, starch, artificial preservatives, artificial flavoring, or genetically modified organisms (GMOs).

**Suggested Usage:** As a dietary supplement, adults take 1 capsule daily or as directed by a healthcare professional.

**WARNING:** If you are pregnant, nursing, have any health condition or taking any medication, consult your health care practitioner before using this product.

Quatrefolic® is a registered trademark of Gnosis S.p.A. Patent No. 7,947,662

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

Formula #202268

# Methyl Folate 5 mg 5-MTHF

A Dietary Supplement



60 Vegetarian Capsules

## Supplement Facts

Serving Size 1 Vegetarian Capsule  
Servings Per Container 60

Amount Per Serving	%DV
Folate .....5 mg	1,250%
(as Quatrefolic® (6S)- 5-Methyltetrahydrofolic acid, glucosamine salt)	

%Daily Value (DV)

Other ingredients: Microcrystalline cellulose and hydroxypropyl methylcellulose (capsule).

Manufactured for: **Douglas Laboratories**  
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[www.douglaslabs.com](http://www.douglaslabs.com) • 1.800.245.4440