

PRODUCT DATA SHEET

5-MTHF 1mg



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The most biologically active form of folate*

- A breakthrough in folate supplementation
- The most bioavailable, active form of folate*
- An excellent source of folate for pregnant women*
- Supports optimal cardiovascular and nerve function*

5-MTHF 1mg

S u p p l e m e n t F a c t s		
Serving Size: One Capsule		
Servings Per Container: 60		
Each Capsule Contains:		% DV
Folate (as 5-Methyltetrahydrofolate†)	1 mg	250%
Daily Value (DV)		

Other Ingredients: Microcrystalline Cellulose, Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.

†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolate (Extrafolate-S®). Extrafolate-S is a registered trademark of Gnosis S.p.A.

60 Vegetarian Capsules

Code: B129

Allergy Warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

Pregnancy Warning

If pregnant, consult your health-care practitioner before using this product.

Interactions

5-methyltetrahydrofolate (5-MTHF) supplementation is not recommended concurrent with methotrexate cancer therapy, as it can interfere with methotrexate's anti-neoplastic activity; however, this folate source has not been shown to interfere with the anti-inflammatory activity of methotrexate. An individual taking methotrexate for psoriasis or rheumatoid arthritis can safely take a supplement containing folate.

Purity

This product does not contain wheat, gluten, corn, yeast, soy, egg, dairy products, or artificial colors, artificial sweeteners, or artificial flavors. This product also does not contain lactose, palmitic acid, magnesium stearate, or stearic acid.

Suggested Use

Take 1 capsule one to three times daily or as recommended by a health-care practitioner:

Additional Notes

*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.