

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.

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.



L01913C



**LIFE
EXTENSION®**

High Potency
Optimized
Folate

L-Methylfolate • 5000 mcg

Metabolically Active Form
of Folic Acid

30 VEGETARIAN
TABLETS

DIETARY
SUPPLEMENT



Supplement Facts

Serving Size 1 Vegetarian Tablet

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

[°]DFE (dietary folate equivalents)

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.