

**IMPORTANT:**

Store in a cool dry place and tightly capped. Keep out of the reach of children.

**CAUTION:** Formulated for adults and children four years and older. For children under four, consult a physician.

**FREE OF:** Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame

Kirkman® and Ultra Tested® are Registered in U.S. Patent and Trademark Office.



**DIETARY  
SUPPLEMENT**

**HYPOALLERGENIC | GLUTEN-FREE**

**KIRKMAN®**

**5-MTHF**  
Methyltetrahydrofolate

1 MG

**120  
CAPSULES**

**SUGGESTED USE:**

Take one capsule daily or as directed by a physician.

## Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 120

Each Serving Contains	Amount per Serving	% Daily Value
Folate (as Calcium L-5-MTHF)	1667mcg DFE (Folic Acid 1000 mcg)	417%

**Other Ingredients:** Microcrystalline Cellulose, Vegetarian Capsule (hypromellose and water)

Manufactured Exclusively by:

**KIRKMAN®**

Lake Oswego, OR 97035  
503.694.1600  
1.800.245.8282

[KIRKMANGROUP.COM](http://KIRKMANGROUP.COM)



0477-120 • 220112