

**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

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Manufactured Exclusively by:

**KIRKMAN®**  
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DIETARY  
SUPPLEMENT

**HYPOALLERGENIC | GLUTEN-FREE**

**KIRKMAN®**

**5-MTHF**

**5-METHYLTETRAHYDROFOLATE**

667 mcg DFE

Folate that supports the  
production and  
maintenance  
of cells†

**180**  
**CAPSULES**

**SUGGESTED USE:**

Take one capsule daily or as directed by a physician.

## Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 180

Each Serving Contains	Amount per Serving	% Daily Value
Folate (as L/6S-5-MTHF-Ca)(Folic Acid 400 mcg)	667 mcg DFE	167%

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



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