

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.

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.

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.

^Quatrefolic® is a registered trademark of Gnosis, S.p.A.,  
Patent number 7,947,662.



Q01939A

# LifeExtension®

## Optimized Folate

L-Methylfolate • 1000 mcg



### Metabolically Active Form of Folic Acid

Dietary  
Supplement

100 Vegetarian  
Tablets

### Supplement Facts

Serving Size 1 Vegetarian Tablet

Amount Per Serving	% Daily Value	
Folate	1,000 mcg	250%
[as (6S)-5-Methyltetrahydrofolic acid, glucosamine salt]^		

Other ingredients: microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, silica, vegetable stearate, stearic acid.

Non-GMO

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.