

Folic Acid must first be converted to its active form by a series of biochemical steps before it is able to be used by the body. Metafolin® (L-methylfolate) requires no conversion because it is bioidentical to the bio-active form. In other words, it is 'body-ready'. This can be useful for individuals whose bodies have difficulty converting folic acid to its active form. The active folate in this formulation promotes heart health. It also supports a healthy nervous system and the formation of healthy red blood cells.\*

Carefully Manufactured by:  
Solgar, Inc., 500 Willow Tree Road  
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**SOLGB53595 01B**



# FOLATE 1000 MCG

(METAFOLIN® 1,000 MCG)

Bio-Active Form

GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGANS



120 TABLETS

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV
Folate 1,666 mcg DFE (1,000 mcg L-methylfolate)	417%

DV = Daily Value

Other Ingredients: Mannitol†, Microcrystalline Cellulose, Vegetable Stearic Acid, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate.

†Provides a dietarily insignificant amount of sugar alcohol.

**FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Preservatives and Color.**

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) tablet daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

\*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.

