

METHYLFOLATE

Folic Acid as
5 methyltetrahydrofolic acid
400ug

INGREDIENTS: Folic acid (as L-5-methyltetrahydrofolate calcium), bulking agent (microcrystalline cellulose), capsule shell (hydroxypropyl methylcellulose), alfalfa powder (*Medicago sativa*), anti-caking agent (magnesium stearate).

RECOMMENDED INTAKE: 1 capsule daily with food as a food supplement or as directed by a medical practitioner. Do not exceed the recommended daily intake. This product should not be used as a substitute for a varied, balanced diet and lifestyle.

- Keep out of sight & reach of children
- Do not use if seal is missing or broken
- Suitable for vegans & vegetarians
- BEST BEFORE DATE: see base of container
- Store in a cool, dry place

PRODUCT CODE: P320

Nature's Own

Healthy Goodness

B VITAMINS

METHYLFOLATE

Folic Acid
as 5 methyltetrahydrofolate
400µg

FOOD SUPPLEMENT



60 VEGAN CAPSULES

PRODUCT INFORMATION:

60 CAPSULES = 60 DAYS SUPPLY

One capsule will provide on average:

Average Values: %NRV

Folic Acid (as 5MTHF)	400µg	200
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NRV = Nutrient Reference Value

We guarantee this product FREE FROM:
GMO, WHEAT, SOY, DAIRY, ADDED SUGAR,
FLAVOURINGS & COLOURINGS

Cytoplan Ltd, Unit 98B,
Blackpole Trading Estate West,
Worcester, WR3 8TJ

Tel: +44 (0)1684 310099
www.cytoplan.co.uk



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