



**AR** adaptogen  
research®

# L-5-MTHF

## Natural S-Isomer



Dietary Supplement  
Professional Use Only  
120 Vegetarian Capsules



## Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value	
Folate	1000 mcg	250%
(as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 2000 mcg)		

**Other Ingredients:** Spinach juice powder, microcrystalline cellulose, cellulose (capsule), L-leucine.



Distributed By:  
ADAPTOGEN RESEARCH  
625 Barksdale Road, Suite 113  
Newark, DE 19711  
Report any adverse reactions to  
302.213.0030

**STORE AT ROOM TEMPERATURE.  
KEEP OUT OF REACH OF CHILDREN.**

**Recommended Use:** As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.

L-5-MTHF is the natural, biologically active form of folate. It offers the benefits of optimal folate supplementation without the potential risks associated with chronic exposure to unmetabolized synthetic folic acid.

**Notice:** Color, size or shape may appear different between lots.

Quatrefolic® is covered by U.S. Patent No. 7,947,662 and is a registered trademark of Gnosis S.p.A.  Quatrefolic®

Manufactured in a GMP Registered Facility in the USA

**MTH120-PL-2**

