

**SUGGESTED USE** Consume one capsule daily. You can increase your intake as required or as guided by your physician. **For questions about the use of this product call 800.800.1200.**

Since 1979, Unsurpassed Purity, Quality and Efficacy.

100% SOLAR PRODUCTION  
ZERO CARBON FOOTPRINT

PROCAPS

QUESTIONS? REORDERS?

800.800.1200 PROCAPS.COM

Manufactured by ProCaps Labs  
Henderson, NV 89011



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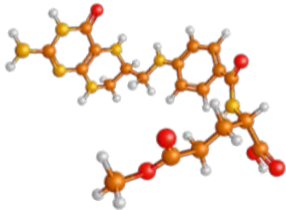
Dietary Supplement



240 EASY-TO-SWALLOW CAPSULES

## METHYL FOLATE 1000

1,000 mcg Methyltetrahydrofolate - 5-MTHF  
Naturally Active Form of Folic Acid



ANDREW LESSMAN

PROCAPS



**METHYL FOLATE 1000** delivers 1,000 mcg of 5-methyltetrahydrofolate (5-MTHF or Methyl Folate) - the active form of vitamin B9, an essential B-vitamin also known as Folic Acid. Although often mistakenly viewed as a secondary B-vitamin, Folic Acid is required for the body's most critical functions, such as all cell replication, repair and DNA synthesis, making it essential during pregnancy and to support the health of our body's most vital organs and systems (heart, brain and immune). Plus, Methyl Folate can cross the blood-brain barrier, where it can deliver its brain and mood supportive benefits directly to the nervous system. Folic Acid is the typical form of vitamin B9 found in supplements and fortified foods, but it must be converted to 5-MTHF to deliver its benefits. Unfortunately, a substantial percentage of Americans cannot convert Folic Acid into its active form and are thus deprived of its vital benefits. Our Methyl Folate (5-MTHF) already exists in its active form and can deliver its benefits to everyone without requiring any difficult or impossible chemical conversion. In short, our **Methyl Folate 1000** overcomes the all too common biochemical obstacles that prevent so many of us from enjoying the critical benefits of this essential B-vitamin.

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.

**CONTAINS NO ADDITIVES OR COMMON ALLERGENS**

### Supplement Facts

Serving Size 1 Capsule	Servings Per Container 240	
Amount Per Serving		% DV*
Methyl Folate (as L-5-methyltetrahydrofolate, calcium salt)	1,000 mcg DFE	250%
Amino Acid Complex (as lysine, glycine, leucine)	150 mg	†

\* Percent Daily Values (% DV). † Daily Value not established.

Other Ingredients: Gelatin capsule.

**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives