

PRODUCT DATA SHEET

5-MTHF

DESCRIPTION

Dietary Supplement

5-MTHF

Supplement Facts

Serving Size: One Capsule	Servings Per Container: 60
Each Capsule Contains:	% DV
Folate (as 5-Methyl-tetrahydrofolate)	1000 mcg. 250%
Daily Value (DV)	

Other Ingredients: Magnesium Citrate,[†] Hypromellose (derived from cellulose) capsule, Leucine,[†] Silicon Dioxide.[†]

[†]A hypoallergenic ingredient used to fill space.

B129 / 60 Vegetarian Capsules

EXCIPIENT FREE

This product does not contain wheat, gluten, corn, yeast, soy, egg, dairy products, or artificial colors, sweeteners, or flavors. This product also does not contain lactose; palmitic acid; or magnesium, calcium or vegetable stearates.

HOW SUPPLIED

5-MTHF is supplied in bottles of 60 two-piece vegetarian capsules. Packed 12 bottles per case.

CONTRAINDICATIONS AND WARNINGS

This product is contraindicated in a patient with a history of hypersensitivity to any of its ingredients.

A patient who is taking the drug methotrexate for cancer therapy should not take 5-MTHF concurrently, as it may decrease the effectiveness of methotrexate.

INTERACTIONS

5-MTHF is not recommended concurrently with methotrexate cancer therapy, as it may interfere with methotrexate's anti-neoplastic activity; however, 5-MTHF has not been shown to interfere with the anti-inflammatory activity of methotrexate. A patient taking methotrexate for psoriasis, rheumatoid arthritis, or juvenile rheumatoid arthritis can safely take 5-MTHF.

PREGNANCY WARNING

A patient who is pregnant or nursing, or who might become pregnant, should consult a health-care practitioner before using this product.

DOSAGE

Adult patients: 1-3 capsules daily, or as otherwise directed by a health-care practitioner.

STORAGE

Store tightly sealed in a cool dry place, away from direct light. Keep out of the reach of children.

MANUFACTURED BY

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they are raising their standards
... at Thorne, we set them.[™]*



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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.

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