Homocysteine Factors

with Metafolin® L-5-MTHF

What Is It?
Homocysteine Factors provides activated vitamin B<sub>6</sub> (pyridoxal 5-phosphate), vitamin B<sub>12</sub>, folate (Metafolin®, L-5-MTHF) and betaine in a highly bioavailable combination of nutrients integral to supporting healthy homocysteine levels and cardiovascular health.*

Uses For Homocysteine Factors

Cardiovascular Health: Clinical studies show that folate, vitamin B<sub>12</sub>, and vitamin B<sub>6</sub> are vital in the metabolism of homocysteine. Vitamin B<sub>12</sub> and folate are required by the enzyme that converts homocysteine back to methionine. Folate is provided in this formula as Metafolin®, the naturally occurring, universally metabolized form of folate. Metafolin® is chemically identical to the active folate metabolite, 5-methyltetrahydrofolate (L-5-MTHF). L-5-MTHF is the predominant, naturally occurring form of folate in food. Through bypassing several enzymatic activation steps, it is directly usable by the body and provides all of the benefits of folic acid, regardless of functional or genetic variations. Vitamin B<sub>6</sub> is required in each of the two enzymatic reactions that convert homocysteine to cysteine. One of the major roles of betaine, also known as trimethylglycine, is in promoting healthy homocysteine metabolism. In a recent study, a betaine-rich diet or betaine supplementation supported healthy homocysteine metabolism in men and women. It is believed that betaine may be especially supportive when vitamin B<sub>12</sub>, folic acid and vitamin B<sub>6</sub> are not sufficient to maintain healthy homocysteine levels.*

As part of a well-balanced diet that is low in saturated fat and cholesterol, folic acid, vitamin B<sub>12</sub> and vitamin B<sub>6</sub> may reduce the risk of vascular disease."