



# Folate 400

INTRODUCED 2011

## What Is It?

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.\*

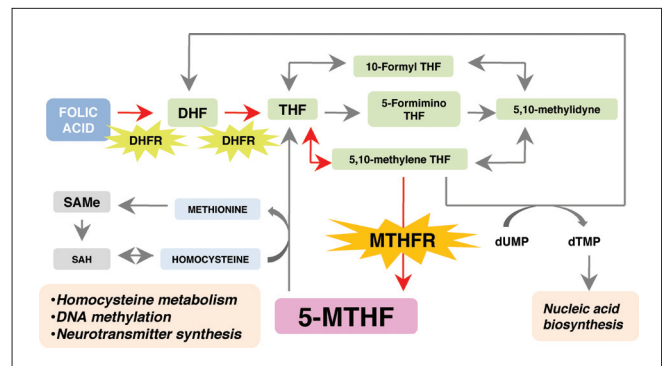
## Uses For Folate 400

**Cellular Health:** An extensive body of evidence indicates that adequate folate intake may provide significant cardiovascular, cellular and neural protection. However, genetic variations affecting activation and metabolism of supplemental folic acid are highly prevalent. Metafolin is a naturally occurring universally metabolized and active form of folate, L-5-MTHF. As such, it can be directly used in a diverse array of essential methylation reactions. Additionally, clinical evidence indicates that the bioavailability of Metafolin is superior to folic acid. In a double-blind, randomized, placebo-controlled intervention study of 144 women of child-bearing age, 5-MTHF supplementation resulted in a greater accumulation of 5-MTHF in red blood cells than equimolar doses of folic acid. Adequate folate status is critical for nucleic acid synthesis and neurotransmitter synthesis. At the molecular level, the main function of folate is to donate methyl groups in key biochemical reactions occurring in blood cells, neurons, the vasculature and many other tissues.\*

## What Is The Source?

Metafolin®, L-5-methyltetrahydrofolate (L-5-MTHF) is synthetic. Hypo-allergenic plant fiber is derived from pine cellulose.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany



**Activation of folic acid and interconversion of reduced folate metabolites.** DHF, dihydrofolate; DHFR, dihydrofolate reductase; THF, tetrahydrofolate reductase; MTHFR, methyltetrahydrofolate reductase; 5-MTHF, methyltetrahydrofolate; SAMe, S-adenosylmethionine; SAH, S-adenosylhomocysteine; dUMP; deoxyuridine monophosphate; dTMP, deoxythymidine monophosphate

## Recommendations

Pure Encapsulations recommends 1-2 capsules per day, with a meal.

## Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Folic acid may adversely interact with chemotherapeutic drugs. Consult your physician for more information.

## Folate 400

each vegetable capsule contains	v 3
folate (as Metafolin®, L-5-MTHF) .....	400 mcg
(hypo-allergenic plant fiber added to complete capsule volume)	
1-2 capsules per day, with a meal.	

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

