



Folate 5,000 Plus

Introduced 2016

What Is It?

Folate is provided in this formula as 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate. This form 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.*

Folate 5,000 Plus Special Features

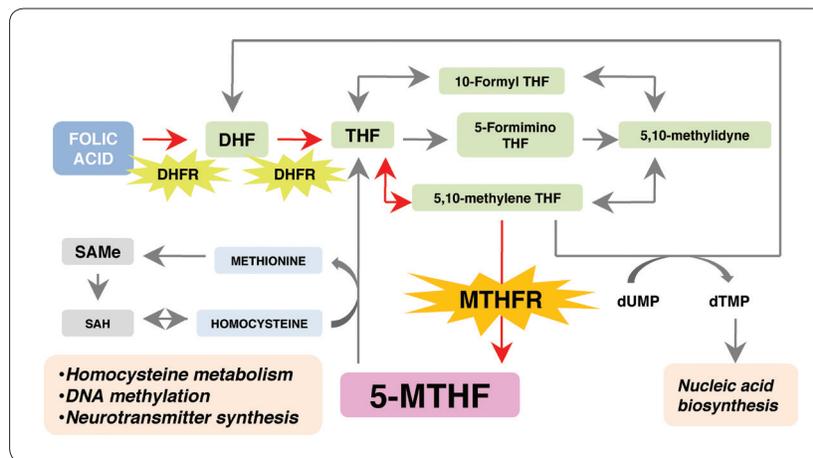
- 5,000 mcg of activated folate per capsule
- Combination of activated B vitamins
- Made with hypoallergenic, vegan ingredients

Uses for Folate 5,000 Plus

Cellular Health: Optimal levels of folate, vitamin B₆, and vitamin B₁₂ have been associated with cellular, cardiovascular, neurological and psychological health. 5-MTHF is the predominant, naturally occurring form of folate in food. As genetic variations affecting activation and

metabolism of supplemental folic acid are highly prevalent, 5-MTHF bypasses several enzymatic activation steps, offering all of the benefits of folic acid regardless of functional or genetic variations. This form offers superior bioavailability and can be directly used in a diverse array of essential methylation reactions. 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. Activated B vitamins provide methyl groups to support healthy methylation, a key regulator of genetic expression and cellular function. Healthy methylation is vital for cellular health, hormone and neurotransmitter production, and energy metabolism.*

Neuronal Health: Research suggests that B vitamins help maintain healthy nervous system function. In a randomized controlled study, a combination of methylfolate, methylcobalamin and pyridoxal-5-phosphate promoted healthy epidermal nerve fiber density and nerve comfort. These vitamins also enhance healthy endothelial function and play a vital role in the metabolism of homocysteine.*



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

(continued)

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. 800-753-2277 | PureEncapsulations.com
The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

What Is The Source?

Quatrefolic® (6S)-5-Methyltetrahydrofolic acid, glucosamine salt, and pyridoxal 5' phosphate are synthetic. Glucosamine and methylcobalamin are derived from corn dextrose fermentation. Hypoallergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations® recommends 1 capsule daily, with a meal, or as directed by a health professional.

Are There Any Potential Side Effects Or Precautions?

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

Are There Any Potential Drug Interactions?

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

Folate 5,000 Plus

each vegetarian capsule contains    v 3

vitamin B₆ (as pyridoxal 5' phosphate (activated B₆))..... 25 mg
folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid, glucosamine salt) 5,000 mcg
vitamin B₁₂ (as methylcobalamin)..... 1,000 mcg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1 capsule daily, with a meal, or as directed by a health professional.

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