

## Methyl Folate 5 mg

5-MTHF Metafolin®

### DESCRIPTION

Methyl Folate supplies 5 mg (5,000 mcg) of biologically active folate called Metafolin® (6S) 5-methyltetrahydrofolate (5-MTHF). 5-MTHF is directly usable by the body and has been shown to be the only form of folate to cross the blood-brain barrier. Furthermore, 5-MTHF is the predominant form of folate commonly found in cells and is essential for overall health, as it participates as a cofactor in a reaction that involves the re-methylation of homocysteine to methionine. †

### INDICATIONS

- Methylation support†
- Cardiovascular health†
- Mood support†

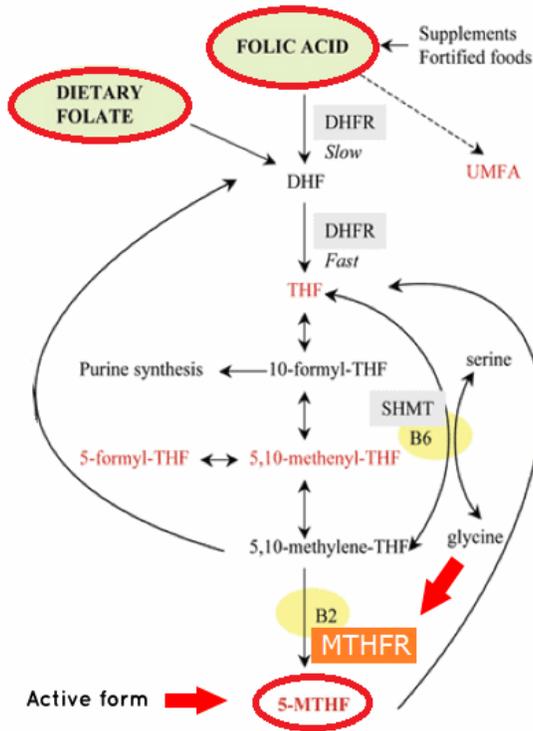
### FUNCTIONS

Folate is a vitamin that humans cannot synthesize or store well because of its water soluble nature. Folates are normally found in a wide variety of foods and are commonly consumed through a diet of green leafy vegetables, sprouts, fruits, and animal products such as milk and dairy products, egg yolk and liver, however, storage and heat during cooking may decrease the bioavailability by almost 95%. Folic acid and food containing folate are not biologically active in the human body. To convert these forms to the biologically active 5-methyltetrahydrofolate (5-MTHF) requires a key enzyme, methylenetetrahydrofolate reductase (MTHFR), which is considered one of the most important enzymes in human physiology. There is a large percentage of the population with a genetic mutation that limits the conversion of folate to its reduced active form, MTHF. †

The general healthy adult population daily recommendation for folate intake is 400 mcg of folic acid, however a greater amount may be required if MTHFR enzyme is not present. Women planning pregnancy or who are pregnant require higher intakes of folate to support neural tube development. †

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### Cardiovascular Health<sup>‡</sup>

Folate is essential to homocysteine metabolism which is created during the methylation of the essential amino acid methionine. Homocysteine levels have also been linked to nitric oxide bioavailability, which in turn helps to support healthy vascular and endothelial function as well as blood flow. Research has shown that supplementation with 5-MTHF provides greater support for healthy homocysteine levels than folic acid.<sup>‡</sup>

### Mood Support<sup>‡</sup>

5-MTHF also plays a role in the production of S-adenosylmethionine (S-AdoMet) which is needed for, among other things, production and metabolism of several neurotransmitters including serotonin, melatonin and dopamine. Therefore, supplementation with 5-MTHF may aid in supporting healthy neurotransmitter levels in the brain and may be useful for some individuals desiring mood support.<sup>‡</sup>

### FORMULA (#202686)

1 vegetarian capsule contains:

Folate (as Metafolin®, L-5-MTHF)	.....8,333 mcg DFE
	(5,000 mcg L-5-MTHF)

Other ingredients: Microcrystalline cellulose and hydroxypropyl methylcellulose (capsule)

Gluten-free, Non-GMO

### SUGGESTED USE

As a dietary supplement, adults take 1 capsule daily or as directed by a healthcare professional.

### WARNING

Use only under medical supervision. If you are pregnant or lactating, have any health condition or are taking any medication, consult your healthcare professional before use.

Keep out of the reach of children.

### STORAGE

Store in a cool, dry place. Use only if safety seal is intact.

### REFERENCES

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**For more information on Methyl Folate 5 mg, visit [douglaslabs.com](http://douglaslabs.com)**

‡ 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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