

# L-5-MTHF

1000 mcg OF METHYLATED FOLATE  
120 VEGETARIAN CAPSULES | NPN80049017 | MTH120-CN



FOUNDATIONAL HEALTH



**L-5-MTHF** provides the biologically active form of folate to support folate status and promote normal methylation and homocysteine metabolism. This formula provides folate in the bioidentical form as 5-methyltetrahydrofolate (5-MTHF). This is the active circulating form of folate found in the body and one of the several forms found in food. This product features the patented 5-MTHF, Quatrefolic®. This innovative form of folate has demonstrated high bioavailability, solubility, and long-lasting stability. Designs for Health offers a 1000 mcg option of L-5-MTHF to support individual supplementation needs.

Folate plays many key roles in the body, and folate deficiency and insufficiency may increase the risk of neural tube defects, and conditions associated with

elevated homocysteine. Folate may also mask vitamin B12 deficiency and associated anemia. Folic acid is the common synthetic form of folate found in supplements and food fortification, but it must undergo several steps to become 5-MTHF, the form of folate involved in body processes. If these do not properly occur, then folic acid may accumulate in the blood that could potentially negatively impact health. Those with certain genetic variations may have a harder time converting folic acid into 5-MTHF, the form of folate that the body requires for the methylation cycle to work efficiently. Methylation is a simple biochemical process that turns biological switches on and off for various systems in the body. When the methylation cycle is working optimally, it helps support normal cardiovascular, neurological, detoxification, and reproductive functions.

## Benefits

- Helps to form red blood cells
- Helps to prevent folate deficiency
- Helps to support the body's ability to metabolize nutrients
- Helps to reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy
- Helps to support normal early fetal development (brain and spinal cord)

## Highlights

- Bioactive folate as Quatrefolic® [6S]-5-methyltetrahydrofolate to support folate status and promote normal methylation
- Patented form of folate using a glucosamine salt rather than calcium salt for increased bioavailability

## Recommended Dose

Adults: Take 1 capsule per day, or as directed by your health care practitioner. Consult a health care practitioner for use beyond 12 weeks.