

L-5-MTHF

Natural form of folate

L-5-MTHF provides an all-natural form of folate, a member of the B vitamin family. This product contains 1000 mcg of folate per capsule in the bioidentical, bioactive form, 5-methyltetrahydrofolate. L-5-MTHF (the "L" signifying that it is the all-natural [6S] isomer) is the active circulating form of folate found in the body and one of the several forms found in food. In nature it occurs only as this [6S] isomer, which is why this product contains L-5-MTHF, the natural isomer, rather than a different, mixed form. Our L-5-MTHF uses an innovative, patented folate derivative which has demonstrated high bioavailability and solubility, as well as long-lasting stability.

Folate is one of the most essential nutrients needed during rapid cell division and growth; therefore, it comes as no surprise that pregnancy doubles the need for dietary folates. Folate also plays an important role in helping to maintain proper homocysteine levels. It is important to support healthy levels of this amino acid, as an optimally functioning homocysteine pathway provides nutrients for necessary biochemical reactions in the body.

Folate vs. Folic Acid

While folates are naturally occurring in food, folic acid is a fully oxidized, synthetic compound used in many dietary supplements and in food fortification, but is not found in nature. Before the body can use folic acid, it requires enzymes and other nutrients to convert folic acid into utilizable 5-MTHF. Since L-5-MTHF is already in the active form, conversion is unnecessary. Therefore, 5-MTHF supplementation makes a better and safer choice than synthetic folic acid for increasing blood folate levels, since it is already activated and not associated with high levels of unmetabolized folic acid.

Benefits of L-5-MTHF

- Supports healthy fetal development
- Helps maintain proper homocysteine levels
- Supports normal mental function
- Aids in the relief of occasional nervous tension
- Helps maintain healthy cardiovascular function

Folate Deficiency

Even the best efforts to eat a healthy diet may not deter a folate deficiency. Natural folates are easily destroyed during cooking or processing food. Due to enzyme defects or nutrient deficiencies, some individuals are unable to properly convert folic acid into natural folates including 5-MTHF. Many over-the-counter medications and prescription medications can also interfere with folate absorption.

Recommended Dose: Adults: Take 1 capsule per day, or as directed by your health care practitioner. Folate supplementation can mask a Vitamin B12 deficiency. Consult your health care practitioner if you are unsure whether you are taking enough B12. **Does not contain gluten.**



TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (877) 414-9388, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.CA

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