

Ultra B12-Folate

With NatureFolate™



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Ultra B12-Folate is a unique formula that combines vitamin B12 (cobalamin) with our proprietary NatureFolate™ blend of active isomer naturally-occurring folates. These two vitamins work synergistically, improving methylation and helping to promote balanced concentrations of homocysteine.

Our Unique Formula Contains Vitamin B12 in Both of its Coenzyme Forms

Vitamin B12 (cobalamin) works with folate in many body processes including the synthesis of DNA, red blood cells, and the maintenance of the myelin sheath that surrounds nerve cells. A B12 deficiency results in pernicious anemia, impaired nerve function, and impaired mental function.

Folate is one of the most essential nutrients for all normal cell growth and replication. It also has a major role in DNA synthesis; without it cells do not divide properly. The benefit of folate (along with B12) supplementation is a reduction of body concentrations of homocysteine. Homocysteine has a hand in a variety of conditions, including atherosclerosis, multiple sclerosis, osteoporosis, and mental decline, to name a few. Folate deficiency is linked to depression, atherosclerosis, and birth defects. Folate supplementation should always include B12 because folate can hide an underlying B12 deficiency, which can result in permanent nerve damage.

Why NatureFolate™?

NatureFolate™ is made from a concentrated vegetable juice powder containing a blend of natural folates, including 5-methyltetrahydrofolate (5-MTHF) and 5-formyltetrahydrofolate with additional fortified 5-formyltetrahydrofolate as calcium folinate. Research supports that these forms are preferred by the body as they are already the active form (5MTHF) or easily converted to the active form.

Multiple Sclerosis is an autoimmune demyelination disease. Myelin, the protective sheath around nerves, is destroyed and a common cause is a higher than average homocysteine level. Elevated homocysteine, as a result of folate and B12 deficiency, is toxic to the nervous system and has been linked to depression, schizophrenia, multiple sclerosis, Parkinson's disease, Alzheimer's disease and cognitive decline in the elderly. People with multiple sclerosis do not metabolize B12 properly,¹ which leaves them more vulnerable to nerve damage. Several studies have shown that vitamin B12 levels in serum, red blood cells, and CNS are low in multiple sclerosis.

Hepatitis

A cobalamin deficiency impairs the immune system's ability to fight off germs and viruses. Vitamin B12 has been used for years with viral hepatitis, as it aids the immune system in decreasing viral damage.

Neuropathies/Bell's Palsy

Nerve damage created by diabetes or elevated homocysteine benefits from vitamin B12 and folate supplementation. Aggressive cobalamin therapy eases pain from nerve damage of diabetic neuropathy.² An insufficient intake of folate can result in numbing, tingling pain in the legs and arms.

Depression

Vitamin B12 and folate deficiency can cause depression, which is most prevalent in the elderly.³ Vitamin B12 declines with age and deficiency is found in 3 - 42% in those 65 and over. However, anyone suffering from vitamin B12 deficiency can have symptoms of depression. Correcting an underlying vitamin B12 deficiency may result in improvement in mood.

Conditions for B12-Folate

- AIDS
- Asthma
- Bell's Palsy
- Depression
- Diabetic neuropathy
- Hepatitis
- HIV
- Homocysteinemia
- Impaired mental function
- Mercury toxicity
- Sulfite sensitivity
- Low sperm counts
- Multiple Sclerosis
- Tinnitus

Who Needs Higher Levels of Vitamin B12?

Vitamin B12 is needed to produce an adequate amount of healthy red blood cells in the bone marrow. Vitamin B12 is available only in animal foods (meat and dairy products). Vitamin B12 deficiency is defined by low levels of stored B12 in the body that can result in anemia, a lower-than-normal number of red blood cells. B12 deficiency can be detected through the Metabolic Profile test offered by Designs for Health.

Vitamin B12 deficiency can develop due to dysbiosis (this can also be detected by the Metabolic Profile test), inadequate intake through diet, strict vegan diet, anorexia, bulimia, and use of medications that deplete B12. Pregnant vegans in particular need to supplement months prior to pregnancy, as pregnancy increases B12 requirements. Mothers undersupplied with B12 can have babies with neurological problems. The elderly are often low in vitamin B12 as well. Doses above 1000 mcg taken orally can overcome lack of intrinsic factor thought to be needed for absorption of vitamin B12.

HIV/AIDS

Below normal B12 levels are common in HIV disease and continue to fall in most patients. B12 may help to predict those patients whose disease will progress most rapidly.⁴ Vitamin B12 deficiency is seen in 10 - 35% of all HIV-positive patients, as a result of decreased intake, reduced absorption, or antagonism by the drug AZT.⁵

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value	
Folate (as NatureFolate™ Blend - organic spinach powder, calcium folinate, Quatrefolic® [6S]-5-methyltetrahydrofolate - glucosamine salt)	680 mcg DFE	170%
Vitamin B-12 (as Adenosylcobalamin and Methylcobalamin)	2000 mcg	83333%

Other Ingredients: Microcrystalline cellulose, cellulose (capsule), vegetable stearate.

Common Questions About Ultra B12-Folate

Q: I heard B12 is helpful in mercury toxicity cases. Is this true?

A: Yes. Mercury depletes vitamin B12. Many mercury toxicity symptoms are also B12 deficiency symptoms such as: numbness and tingling in the arms and legs, burning and/or red tongue, depression, fatigue, weakness, impaired mental function, and diarrhea. Pernicious anemia is the classic symptom of B12 deficiency which can be seen in chronic mercury overload. B12 is effective for getting rid of a mercury detox rash that is usually purple in color.

Q: Should I consider giving Ultra B12-Folate to my elderly patients?

A: Yes. Research shows that B12 levels decline with age. If left untreated it can cause impaired neurological and cognitive function.

Q: I have always believed that B12 needs to be given orally or by IV. Why is Ultra B12-Folate in capsule form?

A: B12 deficiency often occurs due to a lack of intrinsic factor in the gut. This is a common cause of B12 deficiency in the elderly. However, oral administration of an appropriate dosage of B12, even in the absence of intrinsic factor, results in effective elevations of B12 in the blood. An editorial entitled "Oral Cobalamin for Pernicious Anemia, Medicine's Best Kept Secret," appeared in the Jan. 2, 1991 edition of JAMA. This states that oral therapy produces reliable and effective treatment, even in severe cases of pernicious anemia.⁶ A Swedish study on 64 patients with pernicious anemia and other B12 deficiency symptoms were treated with 1000 mcg. of oral B12 daily. In all patients studied over a 3 year period, the researchers observed complete normalization of serum levels and liver stores for vitamin B12 as well as full clinical remission.^{7,8}

Recommended Use:

- As a dietary supplement, take one capsule per day with a meal, or as directed by a health care practitioner.

For a list of references cited in this document, please visit:

https://www.designsforhealth.com/techsheet-references/Ultra_B12_Folate_References.pdf

*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.

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.