



# Folate 5,000

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 Special Features

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

## Uses for Folate 5,000

**Cellular Health:** An extensive body of evidence indicates that adequate folate intake may provide significant cardiovascular, cellular and neural protection. However, genetic variations affecting activation and metabolism of supplemental folic acid are highly prevalent. 5-MTHF is the naturally occurring, universally metabolized and active form of folate. As such, it can be directly used in a diverse

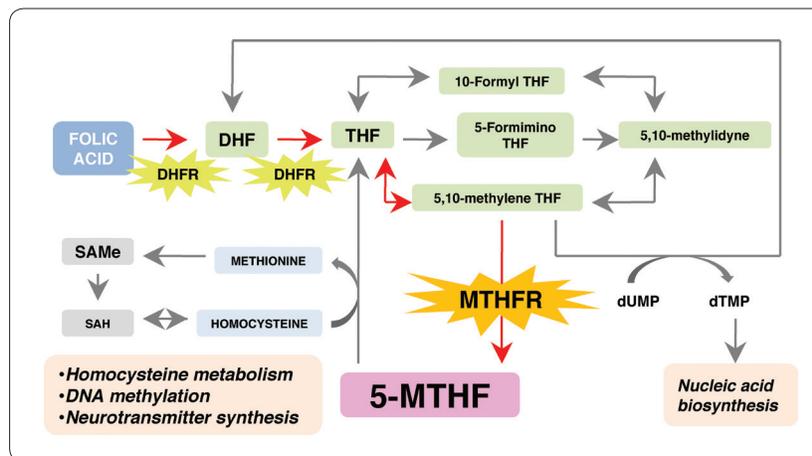
array of essential methylation reactions. Additionally, clinical evidence indicates that the bioavailability of 5-MTHF is superior to folic acid. In a double-blind, randomized, placebo-controlled intervention study of 144 women of child-bearing age, 5-MTHF supplementation resulted in a greater accumulation of 5-MTHF in red blood cells than equimolar doses of folic acid. Adequate folate status is critical for nucleic acid synthesis and neurotransmitter synthesis. At the molecular level, the main function of folate is to donate methyl groups in key biochemical reactions occurring in blood cells, neurons, the vasculature and many other tissues.\*

## What Is The Source?

Quatrefolic® (6S)-5-Methyltetrahydrofolic acid, glucosamine salt, is synthetic. Glucosamine is 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.



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)

## 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

each vegetarian capsule contains    v 3  
folate (as Quatrefolic® ..... 5,000 mcg  
(6S)-5-Methyltetrahydrofolic acid, glucosamine salt)  
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