



Homocysteine Factors with Metafolin® L-5-MTHF

Introduced 1997



What Is It?

Homocysteine Factors provides activated vitamin B₆ (pyridoxal 5-phosphate), vitamin B₁₂, folate (Metafolin®, L-5-MTHF) and betaine in a highly bioavailable combination of nutrients integral to supporting healthy homocysteine levels and cardiovascular health.*

Uses For Homocysteine Factors

Cardiovascular Health: Clinical studies show that folate, vitamin B₁₂, and vitamin B₆ are vital in the metabolism of homocysteine. Vitamin B₁₂ and folate are required by the enzyme that converts homocysteine back to methionine. Folate is provided in this formula as Metafolin®, the naturally occurring, universally metabolized form of folate. Metafolin® is chemically identical to the active folate metabolite, 5-methyltetrahydrofolate (L-5-MTHF). L-5-MTHF 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. Vitamin B₆ is required in each of the two enzymatic reactions that convert homocysteine to cysteine. One of the major roles of betaine, also known as trimethylglycine, is in promoting healthy homocysteine metabolism. In a recent study, a betaine-rich diet or betaine supplementation supported healthy homocysteine metabolism in men and women. It is believed that betaine may be especially supportive when vitamin B₁₂, folic acid and vitamin B₆ are not sufficient to maintain healthy homocysteine levels.*

As part of a well-balanced diet that is low in saturated fat and cholesterol, folic acid, vitamin B₆ and vitamin B₁₂ may reduce the risk of vascular disease.†

†The FDA evaluated the above claim and found that while it is known that diets low in saturated fat and cholesterol reduce the risk of heart disease and other vascular diseases, the evidence in support of the above claim is inconclusive.

What Is The Source?

Vitamin B₁₂ is derived from microbiological fermentation. Vitamin B₆ and folic acid (Metafolin®, L-5-MTHF) are synthetically produced. Betaine is originally derived from sugar beet molasses and undergoes an extensive purification process. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil. Hypoallergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations® recommends 1 capsule, 2 times daily, with meals. This formula requires refrigeration after opening.


Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

Folic acid-containing supplements may interfere with methotrexate therapy in people with cancer.

Homocysteine Factors

each vegetarian capsule contains	 v O
folate (as Metafolin®, L-5-MTHF).....	400 mcg
vitamin B ₁₂ (as methylcobalamin).....	200 mcg
vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	25 mg
trimethylglycine (anhydrous betaine)	500 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	
<i>This formula requires refrigeration after opening.</i>	
1 capsule, 2 times daily, with meals.	

Metafolin® is a registered Trademark of Merck KGaA, Darmstadt, Germany.