

Folate 5,000

Universally metabolized form of folate

INDICATIONS

- Ages 18 and up
- Cardiovascular, cellular and neuronal support†

BENEFITS

- Provides the active form of folate, directly bioavailable without metabolic activation
- Provides cardiovascular, cellular and neural protection†

FEATURES

- 5,000 mcg of activated folate per capsule
- Contains Metafolin®, the universally metabolized and biologically active form of folate
- Made with high-quality, vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

Folate 5,000 provides 5,000 mcg of folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate.^{1,2} Genetic variations affecting activation and metabolism of supplemental folic acid are highly prevalent.³ Through bypassing several enzymatic activation steps catalyzed by DHFR (dihydrofolate reductase) and MTHFR (methylenetetrahydrofolate reductase), 5-MTHF is directly usable by the body and provides all of the benefits of folic acid regardless of functional or genetic variations in these enzymes.⁴ 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.^{5,6} In addition, folate promotes the production of healthy DNA.^{7†}

SUGGESTED USE

As a dietary supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

STORAGE

Store in a cool, dry place.

WARNING

Use only under medical supervision. If you are pregnant or lactating, have any health condition or

are taking any medication, consult your health professional before use.

SOURCE

- Metafolin®, L-5-methyltetrahydrofolate (L-5-MTHF) is synthetic
- Hypoallergenic plant fiber is derived from pine cellulose

NOTES

Size 3 caps

Bottle count 60

Order code FOL56

Bottle size 75 cc

REFERENCES

1. Prinz-Langenohl R, et al. *Br J Pharmacol*. 2009 Dec; 158(8): 2014–2021.
2. Lamers Y, et al. *Am J Clin Nutr*. 2006 Jul;84(1):156–61.
3. Yang Q, et al. *Am J Clin Nutr*. 2012;95(5):1245–1253.
4. Seremak-Mrozikiewicz A. *Ginekol Pol*. 2013 Jul;84(7):641–6.
5. Terry MB, et al. *Epigenetics*. 2011. 6(7); 828–37.
6. Stanhewicz AE, et al. *Clin Sci (Lond)*. 2015 Jul;129(2):159–67.
7. Duthie SJ. *J Inherit Metab Dis*. 2011 Feb;34(1):101–9.

SUPPLEMENT FACTS

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

Folate 8,333 mcg DFE (5,000 mcg L-5-MTHF)

(as Metafolin®, L-5-MTHF)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule(cellulose, water)

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

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Keep out of the reach of children.



Visit PureEncapsulationsPro.com for more information about our GMO policy.