



# B<sub>12</sub> Folate with Metafolin® L-5-MTHF

Introduced 1992



## What Is It?

B<sub>12</sub> Folate is a combination of two water-soluble B vitamins, folate and vitamin B<sub>12</sub>. 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. The B<sub>12</sub> in this formula is provided as methylcobalamin, the most bioavailable form of this vitamin.\*

## Uses For B<sub>12</sub> Folate

**Nutrient Metabolism:** Folate and vitamin B<sub>12</sub> are interrelated in function. They convert carbohydrates into energy and are vital in the metabolism of fats and protein. They play an important role in the maintenance of muscle tone in the G.I. tract and the integrity of skin, hair and the liver. They are also critical for maintaining red blood cell homeostasis and healthy homocysteine levels.\*

**Nervous System Health:** 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. In recent studies, methylcobalamin has demonstrated an enhanced ability to support neurological function. Vitamin B<sub>12</sub> promotes protein synthesis for maintaining healthy nerve cells and myelin. Methylcobalamin may also help to moderate levels of glutamate in the brain, encouraging healthy brain cell activity, as well as memory, mood, and cognitive function. In general, vitamin B<sub>12</sub> works with folate to promote DNA and red blood cell health.\*

## What Is The Source?

Metafolin®, L-5-methyltetrahydrofolate (L-5-MTHF) is synthetic. Methylcobalamin is produced from corn dextrose fermentation. Hypoallergenic plant fiber is derived from pine cellulose. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

## Recommendations

Pure Encapsulations® recommends 1-2 capsules daily, in divided doses with meals.

## 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 may adversely interact with chemotherapeutic drugs.

## B<sub>12</sub> Folate

each vegetarian capsule contains	 v 3
folate (as Metafolin®, L-5-MTHF).....	800 mcg
vitamin B <sub>12</sub> (as methylcobalamin).....	800 mcg
other ingredients: hypoallergenic plant fiber (cellulose), ascorbyl palmitate, vegetarian capsule (cellulose, water)	
1-2 capsules daily, in divided doses, with meals.	

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