



# L-5-MTHF

850 mcg, 1,700 mcg, and 8,500 mcg DFE of Methylated Folate



L-5-MTHF provides the biologically active form of folate to support folate status and promote normal methylation and homocysteine metabolism.\* This formula provides folate in the bioidentical form as 5-methyltetrahydrofolate (5-MTHF). This is the active circulating form of folate found in the body and one of the several forms found in food. This product features the patented 5-MTHF, Quatrefolic®. This innovative form of folate has demonstrated high bioavailability, solubility, and long-lasting stability. Designs for Health offers three serving options of L-5-MTHF: 850 mcg, 1700 mcg or 8500 mcg dietary folate equivalents (DFE) to support individual supplementation needs.

Folate plays many key roles in the body, and folate deficiency and insufficiency may increase the risk of neural tube defects, and conditions associated with elevated homocysteine, including cardiovascular disease, stroke, and dementia.

Folate may also mask vitamin B12 deficiency and associated anemia. Folic acid is the common synthetic form of folate found in supplements and food fortification, but it must undergo several steps to become 5-MTHF, the form of folate involved in body processes. If these do not properly occur, then folic acid may accumulate in the blood that could potentially negatively impact health. Those with certain genetic variations may have a harder time converting folic acid into 5-MTHF, the form of folate that the body requires for the methylation cycle to work efficiently. Methylation is a simple biochemical process that turns biological switches on and off for various systems in the body. When the methylation cycle is working optimally, supports normal cardiovascular, neurological, detoxification, and reproductive activities.\*

## Benefits\*

- Supports folate status
- Promotes normal methylation
- Supports homocysteine metabolism

## Recommended Use

Take 1 capsule per day or as directed by your health-care practitioner.

Quatrefolic® is a registered trademark of Gnosis S.p.A., U.S. Patent No. 7,947,662.

## Highlights

- Bioactive folate as Quatrefolic® [6S]-5-methyltetrahydrofolate to support folate status and promote normal methylation\*
- Patented form of folate using a glucosamine salt rather than calcium salt for increased bioavailability
- Comes in three serving options of 850 mcg, 1,700 mcg, or 8,500 mcg DFE of L-5-MTHF to support individual needs

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

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

\*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.

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