

L-MethylFolate

Highly bioavailable folate as Metafolin®

Introduction

Klaire Labs' L-MethylFolate provides a highly bioavailable form of folate called L-5-Methyltetrahydrofolate (also known as methylfolate or L-5-MTHF), the predominant, metabolically active form of folate in the body. Methylfolate efficiently supports methylation, DNA and RNA synthesis and repair, homocysteine metabolism, and nervous system function.†

Product features

- Folate is a family of essential water-soluble B vitamins that is critical to the functioning of countless body systems. Age, certain medications, and health status are all factors that may increase folate demands in the body.
- Naturally found in leafy green vegetables, citrus fruits, dried beans, and peas. However, many people either do not consume enough of these foods or the folate naturally found in food is diminished or destroyed during food processing.
- Unlike folic acid, methylfolate requires no extra steps to be absorbed or utilized and enters circulation as a biologically active folate.
- Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, gluten, soybeans, and corn. Contains no artificial colors, flavors, or preservatives.

Background

Folic acid, a supplemental form not found in nature, must undergo a series of metabolic changes by the body to become metabolically useful. Folic acid activation also depends on the enzyme methylenetetrahydrofolate reductase (MTHFR) for conversion to methylfolate. Emerging research demonstrates that genetic variations of MTHFR activity affect up to 25% of the population, and can impair the ability to fully metabolize folic acid.

Methylfolate is the principal, active form of folate in blood and the only folate that can cross the blood-brain barrier. It supports healthy nervous system function, and is the primary methyl donor for conversion of homocysteine to methionine.† Methylfolate is the only folate shown to support cardiovascular health through supporting endothelial function.† L-MethylFolate provides a metabolically active folate and is a preferred choice to support optimal folate nutrition.†

Formula

SUGGESTED USE: 1 capsule daily with food or as directed by a healthcare professional.

Caution: If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of the reach of children.

Supplement Facts		
Serving Size 1 Capsule		
Amount Per Capsule	% Daily Value	
Folate (as Metafolin [†] L-5-methyltetrahydrofolate)	1,700 mcg DFE (1,000 mcg)	425%



Other ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, cellulose, and silicon dioxide.

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



MTF 60 capsules

How supplied

60 capsules per bottle

Storage

Store in a cool, dry place (59°F to 85°F) away from direct light.

†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.