

# L-5-MTHF



## Clinical Applications

- Supports Healthy Fetal Development \*
- Helps Maintain Proper Homocysteine Levels \*
- Supports Normal Mental Function \*
- Aids in the Relief of Occasional Nervous Tension \*
- Helps Maintain Healthy Cardiovascular Function\*

*L-5-MTHF provides the all-natural form of folate. Folate is essential for cell division and growth, and also works to balance the homocysteine pathway. This formula provides 1000 mcg per capsule of folate in the bioidentical, bioactive form, 5-methyltetrahydrofolate. L-5-MTHF (the "L" signifying that it is the all-natural [6S] isomer) is the active circulating form of folate found in the body and one of the several forms found in food. In nature it is found only as this [6S] isomer, which is why Adaptogen Research uses L-5-MTHF, the natural isomer, rather than the mixed (or racemic) form.*

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

## Discussion

**L-5-MTHF** provides an all-natural form of folate, a member of the B vitamin family. This product contains 1000 mcg of folate per capsule in the bioidentical, bioactive form, 5-methyltetrahydrofolate. L-5-MTHF (the "L" signifying that it is the all-natural [6S] isomer) is the active circulating form of folate found in the body and one of the several forms found in food. In nature it occurs only as this [6S] isomer, which is why this product contains L-5-MTHF, the natural isomer, rather than a different, mixed form. Our L-5-MTHF uses an innovative, patented folate derivative which has demonstrated high bioavailability and solubility, as well as long-lasting stability.

**Folate** is one of the most essential nutrients needed during rapid cell division and growth; therefore, it comes as no surprise that pregnancy doubles the need for dietary folates. Folate also plays an important role in helping to maintain proper homocysteine levels. It is important to support healthy levels of this amino acid, as an optimally functioning homocysteine pathway provides nutrients for necessary biochemical reactions in the body.

While folates are naturally occurring in food, folic acid is a fully oxidized, synthetic compound used in many dietary supplements and in food fortification, but is not found in nature. Before the body can use folic acid, it requires enzymes and other nutrients to convert folic acid into utilizable 5-MTHF. Since L-5-MTHF is already in the active form, conversion is unnecessary. Therefore, 5-MTHF supplementation makes a better and safer choice than synthetic folic acid for increasing blood folate levels, since it is already activated and not associated with high levels of unmetabolized folic acid.

Even the best efforts to eat a healthy diet may not deter a folate deficiency. Natural folates are easily destroyed during cooking or processing food. Due to enzyme defects or nutrient deficiencies, some individuals are unable to properly convert folic acid into natural folates including 5-MTHF. Many over-the-counter medications and prescription medications can also interfere with folate absorption.

Supplement Facts		
Serving Size: 1 capsule		
Amount Per Serving	% Daily Value	
Folate	1 mg	250%
(as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 2 mg)		

**Other Ingredients:** Microcrystalline cellulose, spinach juice powder, L-leucine.

## Suggested Use

As a dietary supplement, take one capsule per day, or as directed by your health care practitioner

## Caution

Keep out of reach of children.

**\*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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