

L-5-MTHF

Natural form of folate

L-5-MTHF provides a bioidentical, bioactive form of folate - a member of the B vitamin family - called 5-methyltetrahydrofolate or L-5-MTHF. This is the active circulating form of folate found in the body and one of the several forms naturally occurring in food. It is a patented folate derivative with high solubility, bioavailability and long-lasting stability.

Folate is an essential nutrient 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 compound, as an optimally functioning homocysteine pathway provides nutrients for necessary biochemical reactions in the body.

Folate vs. Folic Acid

While folates are naturally occurring in food, folic acid is a 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 usable 5-MTHF. If this does not occur properly, folic acid may accumulate in the blood and this has been associated with adverse health effects. Since L-5-MTHF is already in the active form, conversion is unnecessary, which makes supplementing with this form a safer and more effective choice than synthetic folic acid for maintaining healthy blood folate levels.

Folate Deficiency

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. Additionally, many over-the-counter medications and prescription medications may interfere with folate absorption. Genetics is another factor that may affect folate metabolism. Natural variants of certain genes responsible for creating enzymes involved in converting folic acid into folate are common, so it may be best for these individuals to consume folate in the natural L-5-MTHF form.

Recommended Use: Take one capsule per day, or as directed by your health care practitioner.

Benefits of L-5-MTHF*:

- Supports healthy fetal development
- Helps maintain proper homocysteine levels
- Supports balanced moods and a positive mental outlook
- Aids in the relief of occasional nervous tension
- Helps maintain healthy cardiovascular function



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.