

## Pure L-Methylfolate 400mcg – a nutritionist’s guide

We have prepared some additional information about *Pure L-Methylfolate 400mcg* which you may find useful for optimal results with your nutrition regime.

### Dosing guidelines

This supplement is recommended for adults. A serving of *Pure L-Methylfolate 400mcg* consists of 1 tablet, providing you with the full serving amount as indicated on the nutritional panel.

### Feeling the benefits

Those most deficient in folate are most likely to feel the benefits of *Pure L-Methylfolate 400mcg* quicker. For others, the effects may be less obvious. Perhaps try recording your reasons for taking *Pure L-Methylfolate 400mcg* (e.g. symptoms), and score them on a scale of 1-10. By reviewing this each month, you may start to notice gradual improvements in your symptoms.

### Taking other supplements alongside *Pure L-Methylfolate 400mcg*

Many people take other supplements alongside *Pure L-Methylfolate 400mcg*, a multivitamin or B-complex for example. Please note that the tolerable upper limit for folate is 1mg (1000mcg), so please ensure your other supplements do not exceed 600mcg folate.

### Ask a nutritionist

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [igennus.com](https://www.igennus.com), email [askourexperts@igennus.com](mailto:askourexperts@igennus.com) or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team



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