

# 5-MTHF



ND FORMULAS

## Benefits of 5-MTHF

- Natural form of folate
- 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

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. 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 5-MTHF, the natural isomer, rather than a different, mixed form. Our 5-MTHF uses an innovative, patented folate derivative which has demonstrated high bioavailability and solubility, as well as long-lasting stability.

All ND Formulas Formulas Meet or Exceed cGMP Quality Standards

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.

## Folate vs. Folic Acid

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 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.

## 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. 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.

### ND FORMULA'S 5-MTHF

5-MTHF is the natural, biologically active form of folate. It offers the benefits of optimal folate supplementation without the potential risks associated with chronic exposure to unmetabolized synthetic folic acid.

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

**STORAGE:** Store at room temperature. Keep out of reach of children.



**SUGGESTED USE:** Take one capsule per day, or as directed by your health care practitioner.

### Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value	
Folate	1700 mcg DFE	425%
(as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt)		

**Other Ingredients:** Organic spinach powder, microcrystalline cellulose, cellulose (capsule), L-leucine.

Distributed by: ND Formulas  
2308 Bellmore Avenue, Bellmore, NY 11710  
www.ndformulas.com



MTH120-PL-5

DIETARY SUPPLEMENT | 120 CAPSULES

\*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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