Pittsburgh Alternative Health, Inc.

Patient Information

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MethylFolate

5-methyltetrahydrofolate (5-MTHF) is a highly bioavailable form of folate. Folate is a water-soluble B vitamin that occurs naturally in food, such as leafy green vegetables, citrus fruits, dried beans, and peas. In contrast, folic acid is the synthetic form of folate commonly used in supplements and added to fortified foods.

Bioactive folate helps produce and maintain new cells and is needed to make DNA and RNA, the building blocks of cells. Both adults and children need folate to make normal red blood cells and prevent anemia. Folate helps maintain normal levels of the potentially toxic amino acid homocysteine.

Deficiencies of folate are common, as many individuals do not consume enough folate-rich foods. Cooking or processing readily destroys folate present in food. Although synthetic folic acid is typically included in multivitamins, some individuals do not effectively convert synthetic folic acid into its active form, thus are still at risk of deficiency. In addition, unmetabolized folic acid that enters the bloodstream cannot be used by cells and has anti-folate effects that may be deleterious.

5-MTHF is easily absorbed and readily usable by cells. It is the predominant folate in circulation and the only folate that can cross the blood-brain barrier. 5-MTHF is the active, methylated form of folate. It requires no additional metabolic steps to be used by the body, thus it is often the preferred choice for those with absorption or metabolic defects.

This folate supplement efficiently supports methylation, DNA biosynthesis, homocysteine metabolism, and nervous system function. Each vegetarian capsule supplies 1 mg (1,000 mcg) folate.

Suggested Use: 1 capsule daily with food.

This product was made in a GMP and ISO 9001:2000 registered facility.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Capsule		% Daily Value
Folate (as 5-methyltetrahydrofolate)	1,000 mcg*	250%

Other ingredients: Cellulose, Vcaps™ vegetarian capsule (hydroxypropyl methylcellulose, water), silicon dioxide, and L-leucine.

*Amount of active isomer from mixed isomer form.