Generically known as folate, 5-methyltetrahydrofolate (5-MTHF) is the most biologically active form of the water-soluble B vitamin, folic acid. It is the preferred form of folate supplementation due to an array of conditions that can limit conversion or absorption of folic acid. Data indicate that supplementing with 5-MTHF increases plasma folate more effectively than folic acid.²

In addition to other manifestations, lack of sufficient folate may affect brain and nervous system functions.³

Despite research showing that folic acid and 5-MTHF have equivalent bioavailability and that supplementation with large doses of folic acid can “force” its conversion to the more active form, 5-MTHF is the preferred form to replenish folate. This is due, primarily, to the inadequacy of folic acid to raise plasma levels when certain conditions are present.³,² In this formula, Absolutely Fabulous Folate is provided as Quatrefolic—c⃝ the glucosamine salt of 5-MTHF. Quatrefolic is proven to have greater stability, solubility, and bioavailability over calcium salt forms of 5-MTHF. Folate is stored in the red blood cells, where levels have been shown to be higher after supplementation with 5-MTHF compared to folic acid and placebo. For example, patients given 5 mg of 5-MTHF experienced plasma levels 700% greater than patients given folic acid.⁴

As many as one-third of patients with low mood also have folate depletion.⁵ 5-MTHF might improve trimonoamine neurotransmitter synthesis and maintain a sense of calmness and healthy outlook.⁶ In non-smoking adults, higher folate levels are indicative of gum tissue strength and a range of vitamins including folate appear to act in support of oral health mechanisms.⁷,⁸

Folate intake is especially important for women of child-bearing age. Studies indicate that supplementing during pregnancy supports a healthy outcome.⁹ In a 2010 study, researchers concluded that if a woman exhibits certain genetic variations during pregnancy, it will lead to reduced methylation capacity and subsequent DNA hypomethylation.¹⁰

*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.
Absolutely Fabulous Folate

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 Capsules</th>
<th>Servings Per Container: 30</th>
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<tbody>
<tr>
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<tr>
<td><strong>Amount Per Serving</strong></td>
<td><strong>%Daily Value</strong></td>
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<tr>
<td>Folate (as 5-methyltetrahydrofolate†)</td>
<td>10,000 mcg</td>
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**Other Ingredients:** Microcrystalline cellulose, HPMC (capsule), stearic acid, magnesium stearate, and silica.

† Quatrefolic® is a registered trademark of Gnosis S.p.A. Patents Pending.

**Directions**

Take one to two capsules daily, or as directed by your healthcare practitioner.

**References**


**Cautions**

Consult your healthcare practitioner before use. Keep out of reach of children. Avoid if allergic to any ingredient.

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