



Methyl Support

Bioactive L-5-MTHF for Supporting Healthy Folate Levels*

Methyl Support is a unique formula that contains the biologically active, methylated form of folate called L-5-methyltetrahydrofolate (L-5-MTHF). Many B vitamin supplements contain folic acid, which requires additional metabolism and enzymes before it is readily utilized by your body. Biofolate® found in Methyl Support provides pure calcium L-5-MTHF for supporting healthy folate status, regardless of if you lack the necessary enzymes to properly utilize folic acid.*1

Read on to learn more about how Methyl Support works and its unique benefits.

How Methyl Support Works

Vitamin B9 (folate) has extensive actions in the human body, with research showing it is necessary for a multitude of vital processes, such as supporting DNA synthesis, supporting healthy homocysteine metabolism, nervous system support, promoting energy production, promoting healthy cellular integrity, supporting healthy hormone metabolism, and more.*2 Unfortunately, the folic acid found in food and many multivitamin supplements needs to go through several enzymatic conversions to be converted to its bioactive form L-5-MTHF.

Research suggests that folate can support cardiovascular health by effectively promoting healthy homocysteine levels.* L-5-MTHF is the preferred form of supplemental vitamin B9 for many people as there are a number of common polymorphisms of folate metabolism, which can lead to imperfections in critical biosynthetic pathways (and ultimately, health complications).³

Methyl Support Supplementation

Research cited herein suggests Biofolate® L-5-MTHF can help support healthy folate status, especially in individuals who don't properly metabolize folic acid into its biologically active form.*

In turn, research-backed benefits of Methyl Support supplementation may include:

- Supports cardiovascular function and healthy hormone metabolism*
- Supports nervous system function and healthy mood*
- Helps support and maintain cellular integrity*
- Supports DNA synthesis*
- Supports healthy inflammatory response*



Form: 120 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
Folate [from Calcium L-5-Methyltetrahydrofolate (Biofolate®)]	800 mcg DFE (480 mcg folic acid)	200%

Other Ingredients:

Microcrystalline cellulose, hydroxypropyl methylcellulose, vegetable stearic acid, and silica.

Biofolate® is a registered trademark of MTC Industries, Inc.

Directions:

Take one capsule daily or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A cGMP FACILITY

* 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.

References:

1. Scaglione F, Panzavolta G. (2014). Folate, folic acid and 5-methyltetrahydrofolate are not the same thing. *Xenobiotica*.
2. Lucock, M. (2000). Folic acid: nutritional biochemistry, molecular biology, and role in disease processes. *Molecular genetics and metabolism*, 71(1), 121-138.
3. Blom, H. J., & Smulders, Y. (2011). Overview of homocysteine and folate metabolism. With special references to cardiovascular disease and neural tube defects. *Journal of inherited metabolic disease*, 34(1), 75-81.