

## High Potency Optimized Folate

*Support Cardiovascular Health  
with this Metabolically Active Folate*

**Item #01913 • 30 vegetarian tablets**

Folate helps maintain homocysteine levels within the normal range,<sup>1</sup> thereby promoting cardiovascular health.<sup>2</sup> Folate also supports neurotransmitter synthesis — which in turn, helps maintain cognitive abilities.<sup>3</sup>

However, not everyone has sufficient activity of the **enzyme** required to convert folate to its biologically active form, **5-methyltetrahydrofolate**, or **5-MTHF**.<sup>4,5</sup>

For those whose homocysteine levels remain stubbornly high, the answer lies with the *bioactive* form of folate called **5-MTHF**, which is up to **7 times** more bioavailable than ordinary folic acid.<sup>6</sup> This unique compound requires no enzymatic conversion to become metabolically active<sup>6</sup> — providing maximum support for both cardiovascular and cognitive health.

Each tiny vegetarian tablet of **High Potency Optimized Folate** provides **5,000 mcg** of the metabolically active **5-MTHF** form of folate.

### References

1. *Am J Clin Nutr.* 2006 Apr;83(4):842-50.
2. *Am J Ther.* 2014; Epub Nov 17.
3. *Innov Clin Neurosci.* 2011 Jan;8(1):19-28.
4. *Am J Hum Genet.* 2002 Mar;70(3):758-62.
5. *Coll Antropol.* 2004 Dec;28(2):647-54.
6. *Br J Pharmacol.* 2004 Mar;141(5):825-30.



### One vegetarian tablet contains:

Folate ..... 5,000 mcg  
[as (6S)-5-Methyltetrahydrofolic acid,  
glucosamine salt]

Other ingredients: microcrystalline cellulose,  
dicalcium phosphate, stearic acid, croscarmellose  
sodium, silica, vegetable stearate.

### Non-GMO

### Dosage and use

- Take one tablet daily with food, or as recommended by a healthcare practitioner.

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