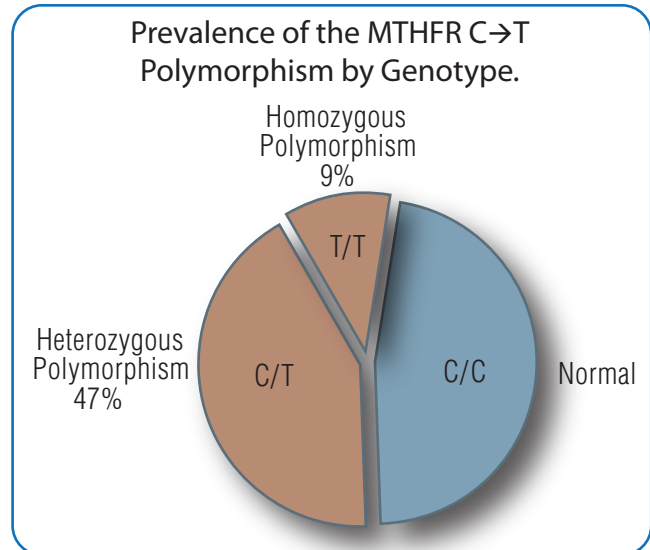
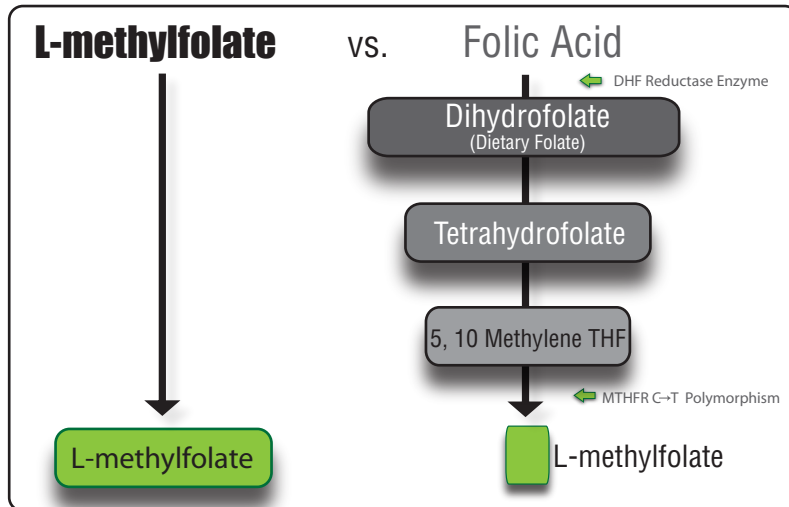


# L-methylfolate: A Novel Form of Folate

## More efficient than folic acid.

Folic acid is synthetically produced and NOT the active form of folate needed for the dietary management of several chronic disease states<sup>3</sup>. The active form of folate, L-methylfolate has been linked to benefits of augmenting antidepressant effect<sup>1</sup>, addressing early memory loss<sup>2</sup>, improving sensation with diabetic peripheral neuropathy<sup>3</sup>, and reducing the risks of neural tube defects<sup>4</sup>.

**The conversion of folic acid to L-methylfolate involves a lengthy four step process:**



50% of the general population has an inborn error in the MTHFR enzyme which limits their capacity to convert folic acid to L-methylfolate<sup>5</sup>.

### Additional Benefits of L-methylfolate:

- L-methylfolate is 7 times more bioavailable than folic acid regardless if a patient has a MTHFR C→T polymorphism or not<sup>6</sup>
- L-methylfolate is able to cross the "blood-brain" barrier to aid in the synthesis of neurotransmitters and other neurological benefits, unlike folic acid.<sup>7</sup>
- L-methylfolate is less likely to mask a vitamin B<sub>12</sub> deficiency compared to folic acid.<sup>8</sup>
- L-methylfolate reduces toxic levels of homocysteine significantly greater than folic acid.<sup>3</sup>
- L-methylfolate increases RBC folate better than folic acid<sup>9</sup>

**L-methylfolate is available in several commercial formulations.**

**Cerefolin<sup>®</sup>NAC**

**deplin<sup>®</sup>**  
L-METHYLFOLATE

**Metanx<sup>®</sup>**

**Néevo<sup>™</sup>**

Deplin<sup>®</sup> is a medical food for the dietary management of low plasma and/or low red blood cell folate.  
Cerefolin<sup>®</sup>NAC is a medical food for the dietary management of neurovascular oxidative stress and/or hyperhomocysteinemia.  
Metanx<sup>®</sup> is a medical food for the dietary management of endothelial dysfunction and/or hyperhomocysteinemia.  
Néevo<sup>™</sup> is a medical food indicated for the dietary management of vitamin deficiency of patients in the pregnancy and postnatal/lactating periods.

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