

Methyl Support

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

Methyl Support Supplementation

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 whether 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.

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*

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, healthy homocysteine metabolism, nervous system function, energy production, cellular integrity, 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 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



Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 120

	Amount Per Serving	%DV*
Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)	1,330 mcg DFE	333%

Other Ingredients: Microcrystalline cellulose, hypromellose, vegetable magnesium stearate, silica.

BioFolate® is a federally 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.

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.

* 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.

For more information, visit: www.nutridyn.com