

# 5-MTHF

*A new generation of folic acid*



## DESCRIPTION

Quatrefolic from Gnosis is a new generation of folic acid. It provides folate in the (6S)-5-methyltetrahydrofolate form which is easily utilized and stored in the body.

## FUNCTIONS

The terms “Folate” and “folic acid” are often used interchangeably. Folic acid is a member of the B vitamin family and is necessary for methylation reactions in that it is required for the donation or transfer of methyl groups and for donating its own methyl group to homocysteine in order to produce methionine for the production of SAMe, the principle methylating agent in the body. Folate is also required for healthy development of cells, brain function and protection from cell damage.

Folates are normally found in a wide variety of foods. However, they are unstable and susceptible to oxidation and rapidly lose activity during food processing, manufacturing and storage. Common folic acid supplements must be converted to the active form by an enzyme, methylenetetrahydrofolate reductase in order to be absorbed and utilized by the body. Several conditions such as an enzyme defect, malabsorption, digestive system challenges and poor liver function can lead to a folate deficiency. Lifestyle choices such as smoking, alcohol excess, eating disorders, low vegetable intake and chronic dieting can place individuals at risk for low folate levels. Studies have demonstrated that many individuals are deficient in folate due to poor metabolism of folic acid found in food or supplements.

5-MTHF features the Quatrefolic brand folate which bypasses the need for enzymatic activation, making it readily available to the body.

## INDICATIONS

5-MTHF may be useful for individuals wishing to support methylation, cellular health, and provide a safeguard for folate levels during the child bearing years.

## FORMULA (NDA #10342)

### One Vegetarian Capsule Contains:

Folate  
(as [6S]-5-methyltetrahydrofolic acid  
From 2,000mcg of Quatrefolic [6S]-5-  
methyltetrahydrofolic acid,  
glucosamine salt) ..... 1000 mcg

Other Ingredients: Vegetable cellulose (capsule),  
microcrystalline cellulose, vegetarian leucine

This product is vegetarian, gluten and soy-free, and made with non-GMO ingredients.

## SUGGESTED USE

As a dietary supplement, adults take 1 capsule daily or as directed by a healthcare professional.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## WARNING

If pregnant or nursing, consult your healthcare professional before taking.

Manufactured For:

**Good Life Pharmacy**

125 South 16th St.

Ord, NE 68862

308.728.3295