## About Folic Acid

The terms “folate” and “folic acid” are often used interchangeably. It 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.

### Folate Deficiency

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 its active form by an enzyme called methylenetetrahydrofolate reductase in order for it 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 such put people at risk of low folate levels. As a result, much of society is deficient due to poor metabolism of folic acid from either food or supplements.

### 5-MTHF / B12 MC 2000

From DaVinci® Laboratories uses the Quatrefolic® brand folate because it bypasses the need for enzymatic activation making it readily available to be used by the body.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size 1 Capsule</th>
<th>Amount Per Serving</th>
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<tbody>
<tr>
<td><strong>Folate</strong> (as [6S]-5-methyltetrahydrofolic acid glucosamine salt)</td>
<td>1,000 mcg</td>
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<tr>
<td>Vitamin B12 (as Methylcobalamin)</td>
<td>1,000 mcg</td>
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Other ingredients: microcrystalline cellulose, vegetable cellulose (capsule), vegetarian leucine.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

### Suggested Use

As a dietary supplement, take 1 capsule daily, or as directed by your healthcare practitioner.

**Sold Exclusively Through Healthcare Practitioners.**

020087E.060 (60 Capsules)

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*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.*

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