

Optimized Folate (L-Methylfolate)

Benefit your heart and mind

1000 mcg, 100 vegetarian tablets
Item Catalog Number: 01939

Folate helps maintain homocysteine levels within the normal range, which promotes cardiovascular health. And it also supports neurotransmitter synthesis — which in turn helps maintain cognitive abilities. However, not everyone has sufficient activity of the enzyme required to convert folate to its biologically active form, 5-methyltetrahydrofolate, or 5-MTHF. That's why each vegetarian tablet of **Optimized Folate** provides 1,000 mcg of the *bioactive* 5-MTHF form of folate which is up to 7 times more bioavailable than ordinary folic acid.

Benefits at a glance:

- Supports cardiovascular health
- Supports neurotransmitter synthesis and critical enzyme reactions
- Maintains healthy homocysteine levels

Supports Neurotransmitter Synthesis and Critical Enzyme Reactions

Folate is involved in **neurotransmitter synthesis** and critical **enzymatic reactions** throughout the body. By depleting excess **homocysteine**, folate benefits cardiovascular health and nervous system function.

A Bioactive Form of Folate

Those who take ordinary folate supplements, however, may not be experiencing its full spectrum of effects. This is because once ingested, not everyone converts folate to its biologically active form called **5-methyltetrahydrofolate** (5-MTHF).¹

Research shows that in a large proportion of the population, *genetic enzyme deficiencies* inhibit the conversion of folate to **5-MTHF**, leaving many vulnerable to low blood folate levels (and higher-than-desired homocysteine).

A more useful approach is to take the bioactive folate 5-MTHF directly, which has been declassified as a drug and is now available as a dietary supplement. 5-MTHF has been shown to dramatically raise red blood cell folate levels² compared with folic acid supplementation.

This bioactive folate is up to **seven times** more bioavailable than folic acid. This greater *bioavailability* is especially important in people who have a genetic enzyme deficiency³ since it requires no conversion to become metabolically active.

Maintaining Healthy Homocysteine Levels

People with elevated homocysteine levels have a greater risk of cognitive decline.⁴ Unlike folic acid, 5-MTHF is able to cross the blood-brain barrier, which is especially important for people with cognitive difficulties, to enhance the synthesis of *acetylcholine* in the brain — the neurotransmitter associated with memory.

Co-Supplement with B12 for Enhanced Effect

Studies also show that the effectiveness of 5-MTHF can be further enhanced by co-supplementing with methylcobalamin (the active form of vitamin B12),⁵ vitamin B6, and riboflavin.⁶ Support your cardiovascular health and more with Optimized Folate.

Supplement Facts

Serving Size 1 vegetarian tablet

Amount Per Serving

Folate [as (6S)-5-Methyltetrahydrofolate, calcium salt] 1,000 mcg

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

Non-GMO

Dosage and Use

- Take one (1) tablet daily with food, or as recommended by a healthcare practitioner.

Warnings

These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.

Life Extension does not provide medical advice, diagnosis or treatment.

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