Methylfolate Plus™ supplies folate, in the active form of (6S)-5-Methyltetrahydrofolic acid, glucosamine salt. Methylfolate is a highly absorbable, activated form of folate, which does not require enzymatic conversion to 5-methylfolate in the body. The glucosamine salt form utilized in Methylfolate Plus™ is more stable than other forms of methylfolate often used.

While a small percentage of the general population (≤ 10%) lack the enzyme (methylentetrahydrofolate reductase) needed to convert folic acid due to a genetic defect (homozygous TT), a larger percentage (heterozygous CT) are suspected to convert a limited amount of folic acid.

Folate deficiency is one of the most common vitamin deficiencies. In individuals with homozygous (TT) or heterozygous (CT) genetic predisposition, eating folate-rich foods may not provide the recommended daily dosage of folate; thus the need for supplementation. By providing 5-methylfolate directly, Methylfolate Plus™ may have benefits for those who do not produce enough 5-methylfolate in response to folic acid supplementation.

Each serving (½ tablet) of Methylfolate Plus™ supplies 400 mcg of folate as 5-methylfolate combined with 25 mcg of vitamin B12 as methylcobalamin in our biologically active, phytochemically rich vegetable culture base.