



Code: 9426U

Size: 60 Lozenges

Actual Size: 8.02 mm diameter



5-MTHF & B12

Biologically Active Folic acid

- Helps form red blood cells and helps support healthy vitamin B12 and folate levels*
- Supports the normal function of the immune system and the body's energy metabolism*
- Helps maintain the body's ability to metabolize nutrients*
- Includes bioavailable forms of folic acid (5-MTHF) and vitamin B12 (methylcobalamin)
- Lozenge form is ideal for individuals who dislike swallowing pills
- Suitable for vegetarians

PRODUCT SUMMARY

5-MTHF & B12 provides bioavailable forms of these two complementary B vitamins, which work together to support methylation and healthy metabolic function.*^{1,2} (6S)-5-methyltetrahydrofolate (MTHF) is an active form of folate at the cellular level, found in circulation, and reported in studies to cross the blood-brain barrier among the folate forms studied.*³ It is independent of activation by the enzyme methylene tetrahydrofolate reductase (MTHFR), which has known genetic variations that may impact folate metabolism in some individuals.*⁴ Quatrefolic® is a patented glucosamine salt of (6S)-5-MTHF. It is a bioavailable, stable form that has demonstrated increased circulating levels of (6S)-5-MTHF in studies when compared with calcium 5-MTHF and folic acid.*^{5,6}

(6S)-5-MTHF acid is not associated with masking B12 deficiency in the same way that high-dose folic acid may be.⁷ These two nutrients support complementary roles in methylation and work together to support healthy metabolic function, which helps maintain the body's ability to metabolize nutrients and helps in the body's energy metabolism.*^{1,2} Methylcobalamin is a circulating form of vitamin B12 and serves as a cofactor for B12-dependent enzymes involved in methylation.⁸ Unlike cyanocobalamin, which must be converted in the body, methylcobalamin is a biologically active form that can be used directly by B12-dependent enzymes.*⁹

Vitamin B12 helps form red blood cells and assists with the normal function of the immune system.*^{10,11} According to the National Institutes of Health (NIH), women of childbearing age may be at risk for low folate status,¹² and older adults or individuals with low stomach acid may be at risk for low vitamin B12 status.*¹³ Folate and vitamin B12 help prevent deficiencies in individuals who may have inadequate dietary intake.*^{14,15}



5-MTHF & B12

BIOLOGICALLY ACTIVE FOLIC ACID

Supplement Facts		
Serving Size 1 Lozenge Servings Per Container 60		
	Amount Per Serving	% Daily Value
Folate (from (6S)-5-Methyltetrahydrofolic Acid (MTHF), Glucosamine Salt, Quatrefolic®)	1700 mcg DFE [1000 mcg (6S)-5-MTHF]	425%
B12 (Methylcobalamin)	50 mcg	2083%

Other ingredients: Lactose, microcrystalline cellulose, croscarmellose sodium, magnesium stearate (vegetable grade).

Serving Size: 1 Lozenge

Servings Per Container: 60

Suggested Usage: Chew or dissolve 1 tablet per day in the mouth before swallowing or use as directed by a health care professional.

Caution: Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.

Contains no artificial colors, preservatives, or sweeteners; no wheat, gluten, yeast, soy, sesame, egg, fish, shellfish, tree nuts, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References

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Bioclinic Naturals® products are manufactured to meet or exceed current Good Manufacturing Practices (cGMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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