FOLIC ACID

CLINICAL APPLICATIONS
• Supports Cardiovascular and Neurologic Health
• Supports Homocysteine Balance
• Supports Healthy Arterial Function
• Helps Maintain a Healthy Inflammatory Response

ESSENTIAL VITAMINS

Water-soluble folic acid is an essential part of the biochemical pathway that facilitates the conversion of homocysteine to L-methionine, promoting homocysteine balance. As a key donor of methyl groups, folic acid assists in many metabolic processes, offering cardiovascular protection, neurologic function and promoting a normal inflammatory response. Each capsule of Folic Acid contains 5 mg folic acid and 200 mcg B12 (as methylcobalamin).

Overview
Found naturally in dark green leafy vegetables, such as spinach and kale, folic acid is a key nutrient that drives methylations requiring pathways in the body. This includes homocysteine recycling, neurotransmitter synthesis, liver detox pathways, DNA synthesis and cell division.1 Maintaining optimal levels of folic acid is necessary for supporting consistent recycling of homocysteine to methionine, a factor which is directly related to cardiovascular health.1-3 Folic acid is also required for neurologic health, due to its role in the synthesis of monoamine neurotransmitters (brain chemicals) such as serotonin, dopamine, and epinephrine. Folic acid is also critical to the production of melatonin. Studies have shown that for those who need additional folate support, supplementing folic acid may have benefits over food-derived folate. Folic acid taken on an empty stomach is twice as bioavailable as food-derived folate. Folic acid taken with food is 1.7 times more bioavailable than food-derived folate.1

Folic Acid Depletion†
Folic acid depletion can stem from a variety of health conditions including pregnancy, skin problems and blood-based biochemical problems.1 Approximately 10% of the population has a defective folate metabolizing enzyme, which can lead to elevated levels of homocysteine.1 In addition, medications, like phenytoin, sulfasalazine or trimethoprim-sulfamethoxazole, deplete folic acid from the body.2

Cardiovascular Health and Homocysteine Balance†
Low levels of folic acid intake are associated with elevated homocysteine levels, especially in the elderly.3,4 In one randomized clinical trial, 150 patients were given 1 of 5 varying doses of folic acid, or placebo, in increments from 200 to 1,000 mcg/day. After 3 months of use, regardless of initial levels, increasing folic acid (up to 800 mcg) demonstrated homocysteine-lowering effects.5 According to another study, a minimum of 925 mg of folic acid, obtained from diet and supplementation, was estimated as the daily intake necessary to ensure cardiovascular wellness among 95% of the elderly population.6 In a study of 40 women receiving 5 mg/day of folic acid, a significant decrease in homocysteine levels was seen compared to baseline, over a 3 month period.7 Folic acid has also been found to be a critical nutrient for supporting overall cardiovascular health and wellness. A meta-analysis of randomized trials, including 2,052 subjects found that folic acid supports arterial health by maintaining normal thickness of the intima media.8 A cross-sectional study of 22 professional ballet dancers LSO found that 4 weeks supplementation (10 mg/day) supported vascular health in all subjects.9 The same boost in arterial and endothelial function was found in a double-blind, randomized, placebo-controlled and crossover trial, in which subjects each received oral folic acid (10 mg/day) versus placebo for 8 weeks.10

† 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.
Neurologic and Mental Health†
Folic acid is a key nutrient in the synthesis of neurotransmitters. Balanced folic acid status is associated with a healthy mood,[11] and has been shown to help maintain a sense of calmness and positive mental outlook.[12] The use of folic acid, folinic acid and l-methylfolate have all been shown to augment the response of other mood-supporting therapies in patients with normal and low folate status.[13]

Balanced Inflammatory Response†
Folic acid also plays a key role in supporting a normal inflammatory response in the gastrointestinal tract,[14] as well as in the gums.[15,16]

Directions
1 capsule per day or as recommended by your health care professional.

Does Not Contain
Gluten, corn, yeast, artificial colors and flavors.

Cautions
If you are pregnant or nursing, consult your physician before taking this product.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size 1 Capsule</th>
<th>Servings Per Container 120</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 capsule contains</td>
<td></td>
</tr>
<tr>
<td>Amount Per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Folate</td>
<td>8,500 mcg DFE (5,000 mcg Folic Acid)</td>
</tr>
<tr>
<td>Vitamin B12 (as Methylcobalamin)</td>
<td>200 mcg</td>
</tr>
</tbody>
</table>

ID# 105120 120 Capsules

References