

Cardiovascular Health



ActiFolate™



Advanced Folate Nutrition from Metagenics

Prenatal Health



How Your Patients Will Benefit From Metagenics' ActiFolate Formulas:

- **Effective methylation supports overall good health by promoting♦:**

Cardiovascular Health^{1-9,12-15}
Healthy homocysteine levels

Maintenance of DNA^{3,4,8,9}
Supports DNA stability and gene expression

Mental Function¹⁻⁹
Supports normal neurotransmitter production for healthy mental function & mood

Prenatal Health^{7,8}
Supports healthy fetal development

Detoxification^{10,11}
Transformation of harmful estrogen metabolites for removal

Breast Health^{11,16}
Healthy tissue integrity and replication

Mental Function



- **Critical for people who's folate status may be impacted by genetic variation♦^{1,7}**

- **Delivers the biologically active folates that are most commonly found in vegetables**

- **Features L-5-MTHF (L-5-methyl tetrahydrofolate)**

- Available only from Metagenics
- Body-ready, nature identical folate
- Only folate that crosses the blood-brain barrier
- Will not mask B₁₂ deficiency

and much more...

Research indicates that folate supplementation encourages profound benefits in diverse areas such as cardiovascular health, mental function, prenatal health, and maintenance of DNA by promoting optimal function of methylation pathways.♦

Metagenics ADVANCED FOLATE NUTRITION FORMULAS

ACTIFOLATE™

Comprehensive Folate Nutrition

Proprietary blend of:

- L-5-MTHF
- 5-formyl THF
- Folic Acid

ActiFolate is an all-inclusive, bioavailable source of folate nutrition for patients who require general folate supplementation.

- This exclusive 3-combination, metabolically active folate supplement encourages methylation pathways at various points of folate metabolism. This may be a potential advantage in effectively promoting overall health, as an alternative to single forms of folate.♦

Recommended for:

- Patients who require a comprehensive, bioavailable source of general folate supplementation
- Prenatal support♦
- Healthy homocysteine levels♦
- Estrogen balance♦

EACH TABLET SUPPLIES:

ActiFolate 800 mcg
(folic acid, L-5-methyl tetrahydrofolate†,
5-formyl tetrahydrofolate)

Form: 60 Tablet Bottle

Dosage: 1 tablet daily

VESSEL CARE®

ActiFolate & Additional Methylation Support Nutrients

Vessel Care combines ActiFolate with select B vitamins and mineral synergists to provide comprehensive support for proper methylation and healthy homocysteine levels.♦

- Provides key nutrients involved in homocysteine metabolism.♦
- Provides optimal levels of folic acid, vitamins B₁₂ and B₆, trimethylglycine, choline, and zinc for enhanced methylation support.♦

Recommended for:

- Cardiovascular support♦
- Prenatal support♦
- Nervous system support♦
- Neurotransmitter production to promote healthy mood, sleep, and appetite♦
- Healthy homocysteine levels♦

EACH TABLET SUPPLIES:

ActiFolate 800 mcg
(folic acid, L-5-methyl tetrahydrofolate†,
5-formyl tetrahydrofolate)
Riboflavin 5 mg
Vitamin B₁₂ (as cyanocobalamin) 500 mcg
Vitamin B₆ (as pyridoxine HCl) 25 mg
Intrinsic Factor 20 mg
Zinc (as zinc glycinate^{††}) 5 mg
Trimethylglycine 500 mg
Choline (as choline bitartrate) 100 mg

Form: 60 Tablet Bottle

Dosage: 1 tablet daily

Advanced Folate Nutrition

WHAT IS ACTIFOLATE?

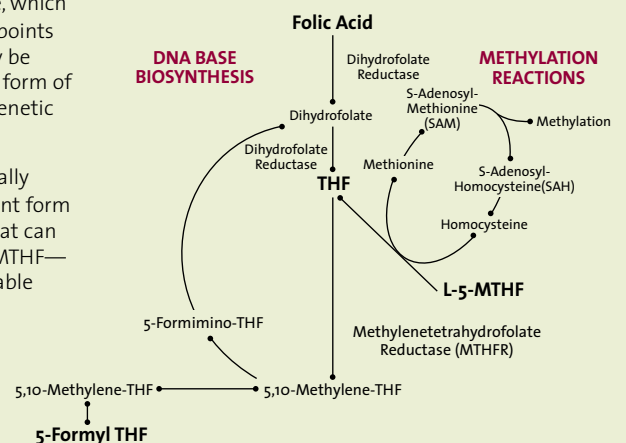
ActiFolate is Metagenics' proprietary blend of:

- **L-5-MTHF**
Bioactive folate; supports overall methylation and may preferentially support homocysteine metabolism due to the point at which it enters the folate cycle (Figure 1).♦
- **5-formyl THF**
Bioactive folate; supports overall methylation and may preferentially support DNA base biosynthesis due to the point at which it enters the folate cycle (Figure 1).♦
- **FOLIC ACID**
Requires conversion to an active form, yet supports the folate cycle.♦

WHAT MAKES ACTIFOLATE UNIQUE?

- By supplying three forms of folate, which enter the folate cycle at different points (Figure 1), overall methylation may be supported better than by a single form of folate—especially in those with genetic variations in folate metabolism.♦
- Features L-5-MTHF, which is naturally occurring in foods, the predominant form in the body, and the only folate that can cross the blood-brain barrier. L-5-MTHF—as a dietary supplement—is available exclusively from Metagenics.

Figure 1: Folate Metabolism



THF=Tetrahydrofolate

Metagenics
Exclusive

INTRINSI B₁₂/FOLATE™

B₁₂, Intrinsic Factor, and ActiFolate

Intrinsi B₁₂/Folate provides vitamin B₁₂ and ActiFolate in combination with intrinsic factor for enhanced absorption and assimilation.

- Supplies high levels of vitamin B₁₂ and folate, which play important roles in proper synthesis of DNA and, therefore, the growth and function of all cells in the body.♦
- Features porcine-derived intrinsic factor, a natural glycoprotein that may enhance the absorption of vitamin B₁₂.

Recommended for:

- Patients with specific B₁₂ deficiencies♦
- Patients with folic acid deficiency♦

EACH TABLET SUPPLIES:

ActiFolate 800 mcg
(folic acid, L-5-methyl tetrahydrofolate†,
5-formyl tetrahydrofolate)
Vitamin B₁₂ (as cyanocobalamin) 500 mcg
Intrinsic Factor 20 mg

Form: 60 and 180 Tablet Bottles

Dosage: 1 tablet daily

FOLAPRO™

Body-Ready L-5-Methyl Tetrahydrofolate

FolaPro provides highly absorbable folate in its active and preferred form, L-5-MTHF.

- A one-nutrient product that provides 100% body-ready folate, L-5-MTHF.
- Requires no additional metabolic steps for utilization in the body, making it the preferred choice for many individuals.
- Unlike high-dose folic acid, will not mask the hematological sign of vitamin B₁₂ deficiency.

Recommended for:

- Patients with genetic variations in methylenetetrahydrofolate reductase (MTHFR) synthesis♦
- More targeted support of homocysteine balance♦

EACH TABLET SUPPLIES:

Folate (as L-5-methyl tetrahydrofolate†) ... 800 mcg

Form: 60 Tablet Bottle

Dosage: 1 tablet daily

†As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904.

‡Patented mineral amino acid chelate: U.S. Patent # 4,830,716 Albion®.

Methylation: IT'S IMPORTANCE TO GOOD HEALTH

WHAT IS METHYLATION?

Methylation is the simple process of transferring a methyl group —CH₃— from one molecule to another and, as routine as this process may be, it is vital for overall health and well-being.

FOLATE & DNA METHYLATION

Both L-5-MTHF and 5-formyl THF are critical for DNA methylation because they help support gene expression and promote DNA stability and integrity. These actions help to ensure healthy cellular replication.♦^{34,89}

FOLATE & HOMOCYSTEINE METHYLATION

Studies show when folate metabolism is compromised, levels of homocysteine rise. Elevated homocysteine can impact the cardiovascular, neurological, digestive, endocrine, and skeletal systems. Optimal folate nutrition is essential for promoting healthy homocysteine levels and thereby supporting numerous aspects of health.♦²⁵⁷

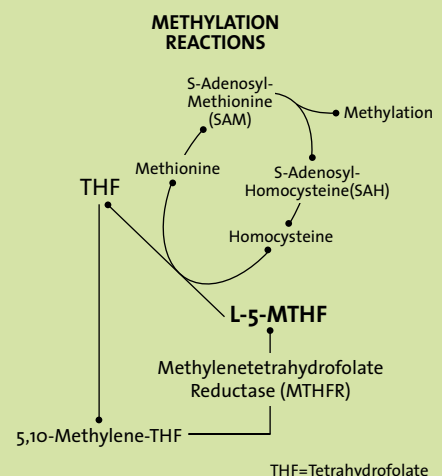
FOLATE & ESTROGEN METHYLATION

Folate promotes methylation pathways of estrogens. The result is a detoxified form of estrogen, which is less harmful and may manifest beneficial properties by supporting healthy cell proliferation.♦^{10,31}

FOLATE & GENETIC VARIATION

A common genetic variation relating to folate metabolism involves the MTHFR gene. A genetic variation in the ability to synthesize MTHFR results in a slower generation of L-5-MTHF (Figure 2). Taken as a supplement, L-5-MTHF bypasses this genetic variation making it ideal for patients with this genetic uniqueness.♦¹⁵⁷

Figure 2: Methylation



Other Formulas Optimized with ActiFolate

ADVACLEAR™ – Advanced support for balanced detoxification.♦

ESTROFACTORS® – Targeted nutritional support for healthy hormone balance.♦

GLYCOGENICS® – Balanced B-complex formula.

MULTIGENICS® IC FORMULA – Optimum multiple vitamin/mineral formula.

MULTIGENICS® IC FORMULA W/O IRON – Suggested for men and postmenopausal women.

ST. JOHNS WORT– Supports a calm, positive mood.♦

ULTRACLEAR PLUS® – Medical food for detoxification.

ULTRAMEAL® – Medical food for altered body composition and associated conditions.♦

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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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