



Bio-Folate 1000ug



Each Tablet Contains (Average): %NRV

Folate 1000µg..... 500%
(as L-5-Methyltetrahydrofolate Calcium)

NRV : EC Nutrient Reference Value

* : EC NRV Not Yet Established

What are Bio-Folate tablets?

Bio-Folate tablets contain L-methylfolate (5-MTHF) which is a superior alternative to Folic Acid as it is a stable, safe and highly biologically active form of Folate (Vitamin B9). Unlike Folic Acid, L-methylfolate doesn't require an enzyme for its conversion. For this reason, L-methylfolate is the best option particularly for those with MTHFR mutation, as they can't metabolise Folic Acid.

Folate is a member of the B group vitamins. It plays an important role in normal blood formation and amino acid synthesis. It contributes to the reduction of tiredness and fatigue, homocysteine metabolism, immune and psychological function, and normal maternal tissue growth during pregnancy.

Deficiency of Folate leads to fatigue and tiredness, anaemia (usually combined with B12 deficiency), painful mouth sores, poor memory and focus, low mood, depression, insomnia, and dark skin spots. Increased risk of birth defects is also linked to the deficiency of Folate (as well as vitamin B12). For this reason, the Government's Chief Medical Officer advises that all women planning a pregnancy should take 400µg of supplemental Folate daily from start of trying to conceive until the 12th week of pregnancy.

Vitamin B9 (Folate) contributes to the maintenance of healthy heart function, normal blood pressure, blood cholesterol and glucose levels. Scientific research has demonstrated strong evidence that Folate when paired with Vitamin B12 can effectively keep blood homocysteine levels under control. Homocysteine is a type of amino acid that can contribute to the formation of blood clots and cause arteries to narrow and harden. A recent study found that taking 400mcg of supplemental Folate for 12 weeks could reduce bad cholesterol levels. A large study also showed that supplementation with the same vitamin could promote normal blood pressure.

HealthAid Ltd

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Vitamin B9 contributes to normal amino acid (protein) synthesis, including the production of glutathione (the 'king' of all antioxidants) which reduces oxidative damage caused by free radicals, reduces the risk of heart attacks, strokes and fatigue, slows down the ageing process and make our immune system much stronger.

L-methylfolate and Folic Acid supplements should be taken with 1000mcg of Vitamin B12 to prevent B12 deficiency.

What are Folic Acid tablets for?

- Folate is required for the normal function of the brain, nervous and immune systems.
- It is very important for the formation of red blood cells.
- Folate is required during the period of infancy or pregnancy for the rapid cell division.
- Important nutrient to help protect against anaemia.
- Folate is involved in the synthesis; repair and functioning of DNA.
- Helps maintain normal homocysteine levels (high homocysteine levels are associated with increased risk of heart attacks and strokes)

Who are Folic Acid tablets for?

Folic Acid tablets may be of benefit to;

- Women who are trying to conceive or are already in their first trimester
- People who wish to support heart health, normal blood pressure & cholesterol.
- Those who have low red blood cell count.
- Individuals with increased homocysteine levels.
- People with folate deficiency anaemia.

Recommended Daily Intake:

One tablet daily (preferably in the morning with breakfast). Do not exceed recommended daily intake unless advised by a suitably qualified person.

Product Code	801124					Product Name:	Bio-Folate 1000ug		
Pack Size	90 tablets packed in a brown glass labelled bottle and placed in a carton, printed with all the relevant information.								
Appearance (shape/colour)	Round pale white								
Size	8mm	Shape	Round	Average Weight	240mg				
Ingredients	Bulking Agents (Microcrystalline Cellulose, Di Calcium Phosphate), Anti-Caking Agent (Magnesium Stearate), L-5-Methyltetrahydrofolate Calcium.								
Suitability	Vegan	Yes	Vegetarian	Yes					
Quality Requirements	All the ingredients meet the requirements of USP/NF, BP, EP, BHP pharmacopoeia or supplier specifications								
Expiration Period	Three years from date of manufacture								
Storage	Store in a cool dry place, keep out of sight and reach of children								
Caution	None currently known								
Disclaimer	Use product according to directions stated on the pack. Food supplements should not be used as a substitute for a varied and balanced diet, and healthy lifestyle. Food supplements are not intended to treat or prevent any disease. Do not use after the expiry date.								

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