



Active Folate 1000

VITAMIN SUPPLEMENT

Biologically active folate rich formula*

- Promotes healthy homocysteine levels*
- Helps to promote folate intake without masking vitamin B₁₂ deficiency*
- Provides 1000 mcg of folate per day from Metafolin®

Active Folate 1000 provides 1000 mcg of folate per day from Metafolin® in its physiologically active form.^{1*} Folate is primarily involved in DNA synthesis and methylation reactions, including the conversion of homocysteine to methionine.² Metafolin® is a proprietary and bioavailable form of the folate found naturally in foods that does not mask a vitamin B₁₂ deficiency.^{1*} Randomized, placebo-controlled trials have found that daily supplementation with Metafolin® promotes healthy levels of both folate and homocysteine.^{3,4*}



Supplement Facts

Serving Size 1 Capsule
Servings per Container 90

Each Capsule Contains	%DV †
Folate (from calcium L-5-methyltetrahydrofolate, Metafolin®♦)	1000 mcg 250%

† Daily Value

♦ Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

Other ingredients: Cellulose, hypromellose

Recommended Adult Dose: Take one capsule daily or as recommended by your healthcare practitioner.

Product Size: 90 vegetable capsules **Product Code:** 02184



REFERENCES

1. Pietrzik, K, Bailey, L, Shane, B. Clin Pharmacokinet. 2010; 49(8): 535-548.
2. Crider, KS, Yang, TP, Berry, RJ, Bailey, LB. Adv. Nutr. 2012; 3: 21-38.
3. Venn, BJ, Green, TJ, Moser, R, Mann, JL. Am J Clin Nutr. 2003; 77: 658-662.
4. Lamers, Y, Prinz-Langenohl, R, Moser, R, Pietrzik, K. Am J Clin Nutr. 2004; 79: 473-478.

* 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.

This information is intended for use by healthcare practitioners only and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product.

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Active Folate 1000 VITAMIN SUPPLEMENT

Companion products



HMF Maternity

- Probiotic support for pregnant women*
- Provides 10 billion CFU of proprietary, human-sourced, research-driven probiotics per serving



Super EFA Liquid

- Helps maintain optimal cardiovascular health and supports healthy serum triglycerides already in the normal range*
- Supports brain health, cognitive function, and the development of the brain, eyes and nerves in children up to 12 years of age*
- Provides 950 mg of EPA and 725 mg of DHA per serving



Pregna Vite

- Vegetarian support for maternal and fetal development*
- Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord birth defect*

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