



Cardiovascular Health



Mental Function



Hormone Support

and much more...

ActiFolate®

Advanced Folate Nutrition from Metagenics



How Your Patients Will Benefit From ActiFolate Formulas:

- **Effective methylation supports overall good health by promoting:**^{◆1-16}

Cardiovascular Health
Healthy homocysteine levels

Mental Function
Supports normal neurotransmitter production for healthy mental function and mood

Hormone Support
Transformation of estrogen metabolites for removal

Maintenance of DNA
Supports DNA stability and gene expression

Breast Health
Healthy tissue integrity

- **Critical for people whose folate status may be impacted by genetic variation**^{◆17}
- **Delivers the biologically active folates that are most commonly found in vegetables**
- **Features L-5-MTHF (L-5-methyl tetrahydrofolate)**
 - Body-ready, nature-identical folate
 - Only folate that crosses the blood-brain barrier



Research indicates that folate supplementation encourages profound benefits in diverse areas such as cardiovascular health, mental function, and DNA maintenance by promoting healthy 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
- 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

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

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*
- 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?

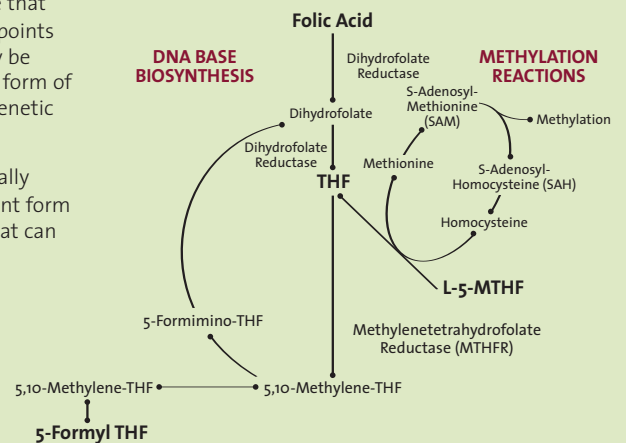
ActiFolate is Metagenics' proprietary blend of:

- **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 that enter the folate cycle at different points (Figure 1), overall methylation may be better supported 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.

Figure 1: Folate Metabolism



Metagenics
Exclusive

INTRINSI B₁₂/FOLATE™

B₁₂, Intrinsic Factor & 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 the 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*
- Patients with decreased levels of intrinsic factor*

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.
- 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 and 120 Tablet Bottles

Dosage: 1 tablet daily

Methylation: ITS 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.*^{3,4,8,9}

FOLATE & HOMOCYSTEINE METHYLATION

Studies show that 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 supports numerous aspects of health.*^{2,5,7}

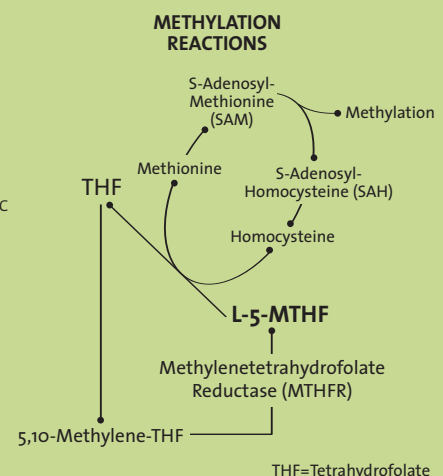
FOLATE & ESTROGEN METHYLATION

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.*^{10,11}

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.*^{1-5,7}

Figure 2: Methylation



ActiFolate®

Advanced Folate Nutrition from Metagenics



Other Formulas Optimized with ActiFolate or 5-MTHF

ADVACLEAR®

ARGININE PLUS™

ESTROFACTORS®

EZ FLEX™

GLYCOGENICS®

HEMAGENICS®

META-SITOSTEROL™ 2.0

MULTIGENICS®
INTENSIVE CARE FORMULA

MULTIGENICS®
INTENSIVE CARE FORMULA
W/O IRON

RENAGEN™ DTX

SOMNOLIN®

ST. JOHN'S WORT
WITH ACTIFOLATE & B₁₂

TESTRALIN®

ULTRAMEAL®

ULTRAMEAL® CARB CONSCIOUS

ULTRAMEAL® PLUS

ULTRAMEAL® RICE

ULTRAMEAL® WHEY

WELLNESS ESSENTIALS™

WELLNESS ESSENTIALS™ FOR MEN

WELLNESS ESSENTIALS™
FOR WOMEN

WELLNESS ESSENTIALS™
JOINT FOCUS®

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◆ These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



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