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BIOFOLIC

Bio-available form of folate for pregnant women.

Nutritional Information

One tablet provides:

		*%NRV
L-Methyl Folate	400 µg	200

*NRV = Nutrient Reference Values

One tablet to be taken daily with or after food.



SUMMARY

- L-methylfolate is the metabolically active form of folate in the body. Unlike synthetic folic acid supplementation, it does not require a multi-step conversion process to increase serum levels and to have a protective effect.
- L-methylfolate is a next generation protective nutrient for the foetus to be used as an alternative to traditional folic acid supplementation when planning for pregnancy, prior to conception and in the early stages of pregnancy.

WHY IS FOLATE SUPPLEMENTATION IMPORTANT BEFORE AND DURING PREGNANCY?

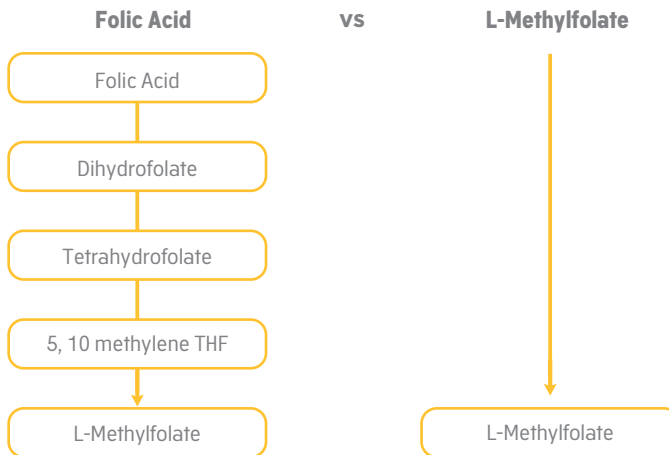
Humans cannot synthesise folate in the body, and it must be obtained from the diet. The most critical time for folate intake for women is prior to conception, when preparing for pregnancy, and in the first months of pregnancy.

Folate is required for the proper formation of nerves, particularly the neural tube which develops from conception to 4 weeks gestation. The baby's brain and spinal cord will develop from the neural tube, so having enough active folate at this stage is essential for a healthy development. Low folate status is responsible for spina bifida and other congenital malformations.

There is a direct link between folate levels of the mother and the health of the foetus and baby. In particular there is a very strong link between folate supplementation and a reduced risk of neural tube defects, such as spina bifida.^{1,2}

WHAT IS THE ADVANTAGE OF L-METHYLFOLATE USED IN BIOFOLIC?

Folate Metabolic Cycle:



Folic acid is the most popular form of supplement used. However, folic acid first needs to be absorbed into the bloodstream and then needs to be converted into the bio-active form of folate, l-methylfolate, by a series of steps and processes in the body.

The conversion of folic acid into the bio-active form, l-methylfolate, can be disrupted by genetic factors, age-related problems, obesity, medications with anti-folate activity and metabolic obstacles. All of these factors may lead to insufficient supplementation and less protective effect for the foetus.³

In order for folic acid to be converted into its active form, it requires methylation to be working effectively. Methylation is a biological process that can be slowed down by a number factors, including genetics (MTHFR genetic mutations), heavy metal toxicity (especially mercury) and dietary factors. If methylation is not as effective as it should be, this could result in high folic acid blood status, with poor nutrient metabolism.

In contrast, Quest BioFolic contains the bio-active form of folate, L-methylfolate, which can be directly used by the body upon absorption without any metabolic conversion process. It directly increases the serum levels of folate and unlike synthetic folic acid supplementation, it does not mask the symptoms of vitamin B12 deficiency.

In the case of healthy individuals, clinical studies have shown that supplementation with L-methylfolate is as effective as supplementation with folic acid for increasing folate status.⁴ In the case of individuals that have a compromised ability to convert folic acid into the bio-active form, L-methylfolate supplementation is far more effective in increasing folate status when compared to folic acid.

HOW SHOULD BIOFOLIC BE TAKEN?

One tablet to be taken daily with or after food.

IS L-METHYLFOLATE A SAFE ALTERNATIVE TO FOLIC ACID SUPPLEMENTATION?

The European Food Safety Authority (EFSA) has confirmed the safety of the use of L-methylfolate (calcium form) in the use of food supplements with a tolerable upper level of 1 mg/adult person/day.⁵

The Joint FAO/WHO Expert Committee on Food Additives (JECFA) also confirmed there was no safety concern for the proposed use of L-methylfolate in dry crystalline or microencapsulated form as an alternative to the standard folic acid used in dietary supplements.⁶

HEALTH NEEDS



WOMEN'S HEALTH

SCIENTIFIC REFERENCES

1. Lancet 1991;338:131-7
2. Lancet 2001;358:2069-73
3. J Clin Pharmacol. 2016 Feb;56(2):170-5
4. Am J Clin Nutr. 2003 Mar;77(3):658-62
5. European Food Safety Authority. Opinion of the Scientific Panel on Food Additives, Flavourings, Processing Aids and Materials in Contact with Food on a request from the Commission related to calcium L-methylfolate. Question No. EFSA-Q-2004-007 adopted on 28 October 2004. EFSA J. 2004, 135:1-20
6. Evaluation of certain food additives : sixty-fifth report of the Joint FAO/WHO Expert Committee on Food Additives. (WHO technical report series; 934)

