5-MTHF

Metabolic Maintenance Products 5-MTHF capsules contain Extrafolate ® (Gnosis S.P.A., Milano, Italy). Extrafolate ® is racemic (6R,S)-5- methyltetrahydrofolate. It has GRAS and NDI certification, excellent stability and effectiveness. In calculating label claims, only the S (or L, depending on chemical nomenclature used) is considered active, therefore our L-5-MTHF capsules contain twice the labeled mgs in total 5-MTHF.

We are aware of the concerns regarding slower renal clearance and tissue storage of R-5-MTHF (Willems FF, et al, Pharmacokinetic study on the utilization of 5-methyltetrahydrofolate and folic acid in patients with coronary artery disease, Br J Pharmacol, 2004). However the same study stated that the bioavailability of (R,S)-5-MTHF is 7 times greater than folic acid, and that no adverse events were reported.


The testimonials from healthcare professionals and their clients using our 5-MTHF have been entirely positive. No side-effects have been reported in any clinical study or by any of our customers. It is a safe and cost-effective option. For our customers who would prefer isolated 6S-5-MTHF, Metabolic Maintenance Products will soon be introducing Quatrefolic ® S-5-MTHF glucosamine salt, proven to have greater stability, solubility and bioavailability than any other form of 5-MTHF.