UNIQUE PROPERTIES

Patient One’s Q-Folate supplies 800mcg of Quatrefolic®, the glucosamine salt of (6S)-5- methyltetrahydrofolate (5-MTHF), proven to have greater stability, solubility, and bioavailability over calcium salt forms of 5-MTHF and over supplementation with folic acid. Folic acid must be converted to its active form, 5-MTHF, which takes four separate biochemical reactions in the intestines and liver, in order for the body to absorb and use it.

PATIENT BENEFITS

• Optimal source of folate for conceiving and pregnant women
• Promotes cardiovascular health and nerve function
• Aids in conversion of homocysteine to methionene
• Supports normal synthesis of neurotransmitters
• Enhances melatonin production
• Promotes calmness and positive mood
• Provides recommended dose for pregnant or lactating women

Approximately 60 percent of the U.S. population may have a genetic enzyme defect that makes it difficult for them to convert folic acid into active 5-MTHF, making this biologically active form of folate the preferred form of folate. 5-MTHF is best known for its ability to bypass metabolic steps in order to replenish plasma folate levels in individuals with conditions that can limit conversion or absorption of folic acid.
**KEY INGREDIENTS**

*Quatrefolic®:*  
Quatrefolic, (6S)-5-Methyltetrahydrofolic acid (5-MTHF), Glucosamine Salt, is the most biologically active form of the water-soluble B vitamin, folate. Folate is hailed for its critical role in fetal development, but its benefits extend far beyond healthy pregnancy and women’s reproductive health.

Folate optimizes cardiovascular health, nervous system health, normal cell growth and energy production. It also plays a role in brain energy and helps to promote peak mental sharpness and clear memory. Folate serves as a donor of methyl groups in many nervous system and metabolic processes including the conversion of homocysteine to methionine, the synthesis of monoamine neurotransmitters (serotonin, dopamine and epinephrine), the production of melatonin, and the synthesis of DNA.

Absorption of folate is believed to decline with age. Patient One’s Q-Folate is engineered to overcome this challenge, supplying folate in an advanced, highly absorbable form that achieves superior bioavailability in populations of all ages.

**RESEARCH**

A randomized, crossover clinical study comparing Quatrefolic, (6s)-5-methyltetrahydrofolic acid and glucosamine salt to the reference, (6S)-5-methyltetrahydrofolic acid and calcium salt proves that Quatrefolic has superior bioavailability, tolerability and increases total plasma concentrations more effectively.

A 24-week, double-blind, randomized, placebo-controlled trial on healthy persons determined the effectiveness of low-dose L-MTHF compared to folic acid supplementation in lowering plasma homocysteine levels (tHcy). At study’s end, findings indicated that low-dose L-MTHF is as effective as folic acid—and possibly more effective over long term—in lowering tHcy concentrations in healthy persons.

Passeri et al performed a double-blind, randomized study on normofolatemic elderly patients with mild to moderate depression. At studies end, it was concluded that 5-Methyltetrahydrofolic acid in addition to standard psychotropic medication has been shown to significantly improve clinical recovery in depressed patients with borderline or definite folate deficiency and significantly reduced depressive symptoms in elderly normofolatemic patients after 3 weeks of treatment.

**REFERENCES**


**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
<th>Amount Per Serving</th>
<th>% Daily Value**</th>
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<tbody>
<tr>
<td>Folate (as (6S)-5-Methyltetrahydrofolic acid, Glucosamine Salt Quatrefolic®)</td>
<td>800 mcg</td>
<td>200 %</td>
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**Other Ingredients:** Rice flour, vegetable cellulose (capsule), l-leucine.

**Free of:** Milk, egg, fish, peanuts, crustacean shellfish (lobster, crab or shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, beef, or pork. Contains NO sugar and no artificial sweeteners, flavors, colors, or preservatives.

**Suggested Use:** 1 capsule with a meal