

Super Liquid Folate™

Liquid folate with vitamin B12

Super Liquid Folate™ provides 400 mcg of folate (680 mcg dietary folate equivalent or DFE per serving) along with vitamin B12 in an easy-to-take liquid form. With about 660 servings per bottle, this product delivers the ultimate in convenience, particularly for those who may benefit from folate supplementation but who prefer to swallow fewer pills.

Folate (technically called vitamin B9) is an essential nutrient critical for healthy cell division and growth.* This crucial role explains why folate is so important for a developing baby and why pregnancy doubles the need for this vitamin. Folate also plays a role in helping to maintain proper homocysteine levels, which has an impact on cardiovascular health.* The homocysteine cycle also provides compounds needed for a host of biochemical reactions in the body, including the synthesis of DNA, conversion of various amino acids, and synthesis of neurotransmitters (the body's chemical messengers) that support a healthy mood and positive mental outlook, such as serotonin and dopamine.*

Folate Levels in the Body

Dedicated effort to eat a healthy diet may not always provide sufficient folate. Natural folates are easily degraded during cooking or food processing. Additionally, many commonly used over-the-counter and prescription medications may interfere with folate absorption, and certain illnesses and heavy alcohol consumption may increase the need for folate.

Folate vs. Folic Acid

While folates are naturally occurring in food, folic acid is a synthesized version of folate used in many dietary supplements and in food fortification. It is not found in nature. Before the body can use folic acid, an enzyme must convert it into a usable form of folate. However, many individuals have alterations in the gene that encodes for this enzyme, which results in them making less of it or making enzymes that are less effective. For these individuals, it's best to take a form of folate closer to the one that occurs naturally in food, such as is provided by Super Liquid Folate.

Why B12?

It's important to include vitamin B12 in a folate supplement because B12 and folate work together in numerous biochemical pathways. Additionally, some of the issues that may result from inadequate folate status mimic those that occur due to suboptimal B12 levels. Supplementing with folate alone may correct some of these while masking other indicators of low B12, which would be left to continue if B12 were not included with the folate.

Recommended Use: As a dietary supplement, take one drop per day, or as directed by your health care practitioner.

Benefits*:

- Supports an optimally functioning homocysteine cycle for cardiovascular health
- Required for DNA and RNA synthesis
- Supports cell repair and differentiation
- Critical for healthy fetal development
- May support a positive mental outlook
- Needed for healthy turnover of rapidly dividing cells, such as those lining the GI tract



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.