

Methyl Protect®



Available in 60 vegetable capsules

- Helps the body metabolize carbohydrates, fats, and proteins
- Helps in tissue formation
- Helps prevent riboflavin, vitamin B6, vitamin B12, and folate deficiencies
- Helps form red blood cells
- Helps reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy
- A factor in the maintenance of good health

Discussion

Methyl Protect provides 5-methyltetrahydrofolate (active folate), pyridoxal 5'-phosphate (active B6), methylcobalamin (active B12), riboflavin 5'-phosphate (active vitamin B2), and anhydrous betaine (trimethylglycine). These five nutrients promote the process of methylation. Methylation is the addition of a methyl group (a carbon atom with three hydrogen atoms attached) to proteins, enzymes, chemicals, DNA, or amino acids like homocysteine. It is a vital and fundamental process that takes place in many biochemical pathways involving detoxification, cardiovascular health, neurological health, eye health, muscle health, bone health, and redox balance. Effective methylation also has roles in the biosynthesis and breakdown of catecholamines, such as epinephrine. This is an important aspect of healthy adrenal functioning.*

Folic Acid (as calcium folinate and 5-methyltetrahydrofolate)

This B vitamin has important roles in detoxification, nervous system function, breast tissue health, prenatal development, and the conversion of homocysteine back to methionine. In its active form, folic acid serves as a donor of methyl groups. Providing the combination of calcium folinate and 5-methyltetrahydrofolate (5-MTHF) allows optimal utilization of folic acid by bypassing metabolic steps to bioactivity.^[1] In fact, 5-MTHF is the form into which the body must convert all other forms of folic acid before it can be used. In this formula, 5-MTHF is provided as calcium folinate and Quatrefolic®. Quatrefolic is proven to have greater stability, solubility, and bioavailability over the calcium salt forms of 5-MTHF.*

Despite research showing that folic acid and 5-MTHF have equivalent bioavailability and that supplementation with large doses of folic acid can "force" its conversion to the more active form, 5-MTHF may be the preferred form to support healthy folate status. This may be especially true in those with certain variations in folate metabolism or digestion that can affect conversion of folic acid to 5-MTHF.

^[2-4] Folate is stored in the red blood cells, where levels have been shown to be higher after supplementation with 5-MTHF compared to folic acid and placebo. Patients given 5 mg of 5-MTHF experienced

plasma levels 700% greater than patients given folic acid.^[5] In another study, authors concluded that 5-MTHF should be the primary choice of supplementation to support healthy homocysteine levels already within the normal range.*^[6]

Trimethylglycine (as anhydrous betaine) Found in several tissues in humans, trimethylglycine acts as an alternative methyl donor in homocysteine metabolism. Trimethylglycine may also be a preventive agent against the activation of NF-kappaB.*^[7]

Vitamin B12 (as methylcobalamin) Cyanocobalamin (the form of B12 present in many supplements) has to be converted in the liver to methylcobalamin, the form provided in Methyl Protect. B12 is another methyl donor, and studies suggest that it supports healthy homocysteine levels already within the normal range on its own and in combination with folate.*^[8]

Vitamin B6 (as pyridoxal 5'-phosphate) This coenzyme form of vitamin B6 is the primary bioactive form. It is a coenzyme in approximately 100 enzymatic reactions.^[9] Data from the Framingham Study showed an inverse association between homocysteine and good B6 status (as well as B12 and folate).*^[10]

Vitamin B2 (as riboflavin 5'-phosphate) As the principal coenzyme form of B2, riboflavin 5'-phosphate is used in many oxidative reactions. Folate and riboflavin interact to support healthy homocysteine levels already within the normal range, possibly by maximizing the catalytic activity of the enzyme methylenetetrahydrofolate reductase (MTHFR). The effect may be unrelated to MTHFR genotype.*^[11]

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Methyl Protect®

Medicinal Ingredients (per vegetable capsule)

Betaine (synthetic)	500 mg
Riboflavin (Riboflavin 5'-phosphate sodium, synthetic).....	25 mg
Vitamin B6 (Pyridoxal 5'-phosphate (Calcium salt), synthetic).....	10 mg
Folate ((6S)-5-Methyltetrahydrofolic acid, glucosamine salt, synthetic)	1000 mcg
Vitamin B12 (Methylcobalamin, synthetic).....	1000 mcg

Non-Medicinal Ingredients

Hypromellose, stearic acid, silica, magnesium stearate, microcrystalline cellulose, medium-chain triglycerides.

Recommended Dose

Adults: Take 1 capsule daily, or as directed by a healthcare practitioner.

Consult a health care practitioner prior to use if you are pregnant or breastfeeding, or if you have cardiovascular disease.

Consult a health care practitioner for use beyond 12 weeks.

References

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11. Moat SJ, Ashfield-Watt PA, Powers HJ, et al. Effect of riboflavin status on the homocysteine-lowering effect of folate in relations to the MTHFR (C677T) genotype. *Clin Chem.* 2003 Feb;49(2):295-302. [PMID: 12560354]

Additional references available upon request

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