

FolPlus®



FolPlus® contains the vitamins **folic acid (B₉)**, **B₆**, **B₁₂** and **D₃**.

The B vitamins are essential for the methylation cycle:

Folic acid transmits a methyl group to homocysteine via the vitamin B₁₂-dependent methionine synthase, resulting in methionine and further S-adenosyl-methionine (SAM). SAM is the methylgroup donor for methyltransferases that transfer their methyl group to produce melatonin, adrenaline, carnitine, creatine, phosphatidylcholine or choline. They reduce dopa and L-dopa and also aid gene expression.

In another process, homocysteine is degraded vitamin B₆-dependent to cysteine, from which glutathione is formed.

In the absence of these B-vitamins, homocysteine accumulates and develops its cytotoxic effect.

On the other hand, the homocysteine level can be regulated and kept in check by a secure supply of B-vitamins.

A homocysteine level kept low by this supply, supports

- mental proficiency¹
- the protection of blood vessels²
- normal bone structure³

Positive properties of B-vitamins for mental and physical performance

- **Folic acid (B₉)**, **vitamins B₆** and **B₁₂** contribute to the normal functions of the psyche (such as concentration and memory) and the immune system as well as to reduce fatigue.
- **Vitamin B₆** and **B₁₂** are involved in the normal functions of the nervous system and energy metabolism.
- **Vitamin D₃** supports the maintenance of normal bones as well as the functions of the muscles and the immune system.

PACKAGE SIZE AND PRICES

FolPlus[®]	90 tablets (click dispenser) = € 8,30*
	100 tablets (blister) = € 8,90*
	120 tablets (click dispenser) = € 9,90*

*Recommended Retail Price (RRP)

COMPOSITION

Nutrients	Per tablet
Vitamin B ₆ Folic acid (B ₉) Vitamin B ₁₂ Vitamin D ₃	4 mg 400 µg 30 µg 20 µg (800 I.U.)
Ingredients: Bulking agent: Cellulose and Calcium hydrogen phosphate; Pyridoxine hydrochloride (vitamin B ₆); Coating agent: Hydroxypropyl methylcellulose; Anti-caking agent: Magnesium salts of fatty acids; Pteroylmonoglutamic acid (folic acid); Cyanocobalamin (vitamin B ₁₂); Cholecalciferol (vitamin D ₃)	

The mini-tablets are free from nanoparticles, lactose, fructose, gluten, preservatives, colourings and flavourings as well as animal ingredients.

Dietary supplements. Made in Germany.

APPLICATION

Take once a day a small tablet whole with some liquid during a meal or a snack.

STORAGE

Please keep the tablets dry, not above 25 ° C and inaccessible to young children.

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Literature

- 1 Seshadri S. et al.: Plasma Homocysteine as a Risk factor for Dementia and Alzheimer's Disease. N Eng J Med, Vol. 346, No. 7; 2002
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- 2 Consensus paper of the D.A.C.H.-League Homocysteine; J. Kard., 2003, 10(5)
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- 3 Robert R. McLean et al.: Homocysteine as a Predictive Factor for Hip Fracture in Older Persons. N Engl J Med 350, 2041-2049; 2004
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