



SanaCore Folate

Read through the leaflet carefully, as it contains information that is important to you.

- Keep this leaflet – it may be necessary to read it again.
- Dietary supplements are not a substitute for balanced nutrition.
- When combining with medication, always consult your doctor.

Contents of this leaflet

1. What is SanaCore Folate and what is it used for?
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1. What is SanaCore Folate and what is it used for?

Active Components

SanaCore Folate 400 Calcium

L-5-Methyltetrahydrofolate calcium salt - 400mcg

SanaCore Folate 400 (6S)

(6S) 5-Methyltetrahydrofolate glucosamine salt - 400mcg

Folate is the metabolically active form of folic acid. Folate and vitamin B12 use each other to function properly within the body. It is recommended to always supplement vitamin B12 when supplementing folate. Because folate and vitamin B12 cooperate, many of their positive effects coincide.

Folate contributes to Energy

- Folate contributes to the reduction of tiredness and fatigue

Nervous system

- Folate contributes to normal homocysteine metabolism

Cell division

- Folate has a role in the process of cell division

Blood

- Folate contributes to normal blood formation

Immune system

- Folate contributes to the normal function of the immune system

Psychological function

- Folate contributes to normal psychological function

Amino acid synthesis

- Folate contributes to normal amino acid synthesis

Pregnancy

- Folate contributes to maternal tissue growth during pregnancy
- Supplemental folic acid intake increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing foetus

2. What do I need to know before using SanaCore Folate?

Do not use SanaCore Folate

If you are sensitive to one of its component parts.

Upper Limit

For folate, the same upper limit applies as for folic acid. This upper limit is:

Folic Acid Upper Limit

Age	Upper Limit (mcg per day)*
0 - 5 months	85
6 - 11 months	130
1 - 3 years	200
4 - 8 years	350
9 - 13 years	600
14 - 18 years	900
19+	1000
Pregnant	1000
Breastfeeding	1000

* This assumes an average uptake of 50% of folic acid from nutrition.

* The most important reason that these folic acid levels are set as the upper limit is the danger of masking a vitamin B12 deficiency in case of higher doses. ¹

Do not exceed maximum daily amount.

Warning

Folate supplementation is not recommended alongside a methotrexate treatment for cancer considering folate can disrupt the anti-neoplastic activity of methotrexate. However, folate has no effect on the anti-inflammatory effect of methotrexate and can be safely ingested if methotrexate is taken for its anti-inflammatory effects, for instance for psoriasis or rheumatoid arthritis.

When combining with medication (for epilepsy, for example), always consult your doctor.

Overdose

Overdosing does not lead to poisoning. In case you experience side effects that you consider severe, consult your doctor.

Other ingredients

Emdex® (polysaccharides), anti-caking agent: magnesium stearate

Suitable for

Vegetarians, vegans

Contains no

yeast, sugar, gluten, lactose, soy, preservatives or artificial aromas, colourings, sweeteners or flavourings.

Pregnancy

Folic acid, so far as is known, can be used in the recommended dose without danger to the foetus during pregnancy. Folate is an active form of folic acid that is better absorbed by the body. **Consult your general practitioner before using folate during pregnancy.**

Breastfeeding

Vitamin B12 and folic acid are passed on through breastmilk. There is an increase in the need for vitamin B12 and folic acid during the period of breastfeeding. Folic acid can be used during the period of lactation. Folate is an active form of folic acid that is better absorbed by the body. **Consult your general practitioner before using folate during pregnancy.**

Driving ability and operating machinery

Based on the pharmacodynamic profile and/or side effects profile, it is not probable that folate has an effect on driving ability and the ability to operate machinery.

4. How is SanaCore Folate used?

Allow one lozenge to melt underneath the tongue, preferably before or after breakfast or lunch. For optimal effect, do not eat or drink for 15 minutes after taking it.

Or as advised.

Do not exceed upper limit. See table under point 2 for daily upper limit of folate.

5. How do I keep SanaCore Folate?

Keep SanaCore Folic Acid out of reach and sight of children.

Do not store at temperatures exceeding 25°C.

Save in original blister pack.

Expiry date is noted on the blister.

SanaCore Folate is a product of:
SanaCore B.V.,
Duinweg 22, 1871AC Schoorl,
The Netherlands.

The text on this leaflet was last revised in January of 2017.

¹ European Commission - Scientific Committee on Food - Opinion of the Scientific Committee on Food on the Tolerable Upper Intake Level of Folate. 28 November 2000