

Folic Acid Gold

DIETARY SUPPLEMENT



Folic Acid Gold contains folic acid (vitamin B11) in its active form, Quatrefolic® (5-MTHF). This well-absorbed form supports red blood cell formation and helps to reduce tiredness and fatigue.

USP's

- 400 µg folic acid per daily serving
- Quatrefolic® (folate 5-MTHF): active, well-absorbed form
- Supports the formation of red blood cells

What is folic acid?

Folic acid is also known as folate or vitamin B11. And to make it even more confusing, in some countries it's called vitamin B9. In food, this vitamin occurs naturally as folate, mainly in vegetables, whole grains, nuts and legumes. Because folates found in food are less stable, supplements often contain a more stable form: folic acid.

Folic acid still needs to be converted in the body into its active form, 5-MTHF. Folic Acid Gold provides this active form directly (Quatrefolic®), allowing your body to efficiently absorb and use it.

What is folic acid good for?

Folic acid is an essential vitamin, meaning that your body needs it but cannot produce it on its own. It plays a role in several important processes in the body. Below are some of its key functions:

- Supports the formation of red blood cells
- Has a positive effect on the immune system
- Contributes to normal psychological function
- Supports memory and concentration
- Helps reduce tiredness and fatigue
- Contributes to tissue growth during pregnancy

Who is folic acid suitable for?

Folic acid is best known for its role during pregnancy and for women who are trying to conceive. However, it's important for everyone to get enough folate. A healthy, balanced diet that includes plenty of vegetables, fruit, whole grains, nuts and legumes forms the foundation. A supplement can be taken to complement this intake if desired.

Folic acid for athletes

Folic acid is also an important vitamin for athletes. It supports the formation of red blood cells, contributes to normal immune function and contributes to energy during tiredness and fatigue. In addition, it supports concentration and mood, and helps the body cope with stress. Something athletes often face, especially during intense training periods or competitions. Folic Acid Gold is NZVT-certified, meaning it can be used safely by all athletes, including those competing at the highest level.

Folic acid and pregnancy

Are you pregnant or planning to become pregnant? The Health Council of the Netherlands recommends taking a daily supplement containing 400 micrograms of folic acid up to the tenth week of pregnancy. Folic acid contributes to the growth of the unborn child during pregnancy. Each capsule of Folic Acid Gold provides 400 micrograms of folic acid, in line with this recommendation.

NZVT-certified

Folic Acid Gold is produced in accordance with the anti-doping standards of the NZVT system (Anti-Doping Authority Netherlands) and therefore carries the NZVT logo. This means Folic Acid Gold can be used safely by professional athletes, allowing them to focus fully on performing at their best.

Recommended use

Take one capsule daily with a glass of water, preferably with a meal.

In same field of vision

53 grams | 90 capsules

Storage

Store in a cool, dry place, away from direct sunlight and out of the reach of young children.



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Composition per daily dose (1 capsule)

Ingredient	Amount	% NRV
Folic acid (as Quatrefolic®, 5-MTHF glucosamine salt)	400 µg	200%
Quatrefolic® is a patented product and a registered trademark of Gnosis S.p.A. NRV = Nutrient Reference Value		

Ingredients

Bulking agent (potato starch), hypromellose (capsule shell), anti-caking agents (talc, sunflower lecithin), olive oil, folic acid.



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