



*The Healing Sanctuary*  
an affiliate of Mountain View Hospital

S U P P L E M E N T S

# Elevate Folate

*Indicated for Cardiovascular & Mood Support*

**Folate is a water soluble vitamin that humans cannot synthesize or store well. Folates are normally found in a variety of foods and are commonly consumed through a diet of green leafy vegetables, sprouts, fruits, and animal products such as milk and dairy products, egg yolk and liver, however, storage and heat during cooking may decrease the bioavailability by almost 95%. Folic acid and food containing folate are not biologically active in the human body.**

## Suggested Use

Take 1 capsule daily or as directed by a qualified health professional.

**Quantity:** 60 Capsules.

## Other Ingredients

Microcrystalline Cellulose & Hydroxypropyl Methylcellulose Capsule.

## Methyl Folate

Research has shown that supplementation with Methyl Folate provides greater support for healthy homocysteine levels than folic acid.



## Cardiovascular Health

Helps to support healthy vascular and endothelial function as well as blood flow. Research has shown that supplementation with Methyl Folate provides great support for healthy homocysteine (amino acid produced with proteins are broken down) levels than folic acid.

## Mood Support

Plays a role in the production of S-adenosylmethionine which is needed for the production and metabolism of several neurotransmitters including serotonin, melatonin, and dopamine. Therefore, it may aid in supporting healthy neurotransmitter levels in the brain and may be useful for some individuals desiring mood support.

*The ingredients in this product are supplied by the well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.*

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