

ABOPHOLIC META - methylated folic acid 400 µg

+ Vitamins B1, B2, B3, B5, B6, B7 and B 12

New improved formula with L-methylfolate for better absorption.

Suitable for intake by people with anemia or dermatological problems!

400 µg
30 tablets



ABOPHOLIC META is absorbed faster and almost immediately reaches the required levels. Conversion of folic acid to L-methylfolate is a complex and multilevel process. In 12% of the population can not be established due to genetic enzyme defect. Therefore, it is recommended to be taken by both women and men. **ABOPHOLIC META** helps reduce the risk of developing Spina Bifida from the fetus.

Group B vitamins are extremely important for the construction of neurotransmitters, to protect the genes from damage, for cellular oxidative reduction processes. The three main components of folic acid are PABA, glutamic acid and pteridine. Helps the cells to multiply. It is necessary for the formation of the placenta and for the construction of the embryonic bone marrow.

Important: Do not take **ABOPHOLIC META** if: You have ever had an allergic reaction to L-methylfolate or any of the other ingredients of the tablet. The most common symptoms of an allergic reaction are rash, itching, swelling of the lips, shortness of breath.

Recommended dosage:

- Any woman of childbearing age are needed 0.2 mg (200 micrograms), - a half tablet daily intake of folic acid.
- For pregnant women the dose is double: 0.4 mg (400 micrograms) - 1 tablet per day. Administration of folic acid reduce the risk of injury to the baby to 70%.
- Recommended 1 tablet per day for people with type 2 diabetes, because taking metformin, which leads to reduced levels of vitamin B12 and folic acid.
- For dermatological problems 1 tablet a day after consultation with a dermatologist. At the discretion of the specialist, the intake may be increased.
- To enhance the levels of spermatogenesis in men recommended daily intake of 0.2 mg - half tablet of folic acid.

Ingredients of 1 tablet: methylated folic acid / calcium L- methylfolate / - 400 µg, Vitamin B1 / thiamine / - 1.4mg; Vitamin B2 (riboflavin) - 1.6mg; Niacin / nicotinamide / - 18 mg NE; pantothenic acid / Potassium D - pantothenate / - 6 mg; Vitamin B6 / pyridoxine / -2 mg; Biotin (D-biotin) - 150 µg; Vitamin B12 (cyanocobalamin) - 1 µg.

ABOPHARMA