

The Folate Plan

One ceiling, every source counted, one test to ask for.

1,000MCG · THE DAILY
FOLATE CEILING

1 Find out if you need a folate pill at all

Most adults already meet the target from food.

- ☐ Beans, lentils, leafy greens, asparagus and citrus are the big food sources.
- ☐ Pregnancy or planning a pregnancy is the clearest case for a supplement.
- ☐ Enriched bread, pasta, rice and flour in the US carry added folic acid by law.
- ☐ If none of that describes you, you may simply not need a folate pill.

ODS puts the daily ceiling for folate from supplements and fortified foods at 1,000 mcg for adults.

2 Add up every source, not just the bottle

Cereal and bread count toward the same ceiling.

- ☐ List your folate pill, your multivitamin, and any B complex you take.
- ☐ Food folate from beans and greens does not count against the ceiling.
- ☐ Add fortified cereal, enriched bread and pasta, and any fortified drink.
- ☐ ODS says do not exceed the ceiling from supplements or fortified foods.

3 Ask for the B12 check before you start

Folate can mask what B12 is quietly doing.

- ☐ Large folate doses can correct the anemia of a B12 deficiency, not the nerve damage.
- ☐ Untreated B12 deficiency can permanently damage brain, spinal cord and nerves.
- ☐ Ask for a B12 level before a long run at any high dose folate product.
- ☐ Tingling, numbness or balance trouble is a same week call, not a wait and see.

4 Pick a form and a size you can justify

The label form does not change the ceiling.

- ☐ Read the amount per serving and check it against the rest of your stack.
- ☐ Prefer a product that states the amount beside the ingredient name.
- ☐ Look for an independent quality seal such as NSF, USP or ConsumerLab.
- ☐ A seal confirms the bottle was made well. It does not promise a result.

THE BOTTLE WE USE

Thorne 5-MTHF 1 mg

One stated amount per capsule, one capsule a day, no proprietary blend.

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