



# Quatrefolic®



## Quatrefolic® the active folate and pregnancy outcome vs folic acid

A recently published case series study has evaluated the effect of 5-MTHF glucosamine salt (Quatrefolic®) in couples with recurrent miscarriages, lasting for at least 4 years.

5-MTHF glucosamine salt (Quatrefolic®) has been supplemented in a B vitamin complex and chelated zinc (Impryl®, Parthenogen, Switzerland or Tretrafolic®, Nurilia, France) at the dosage of 800 mcg/day, according to the glucosamine salt requirements in healthy women.



The study conclusion highlights that the conventional use of large doses of folic acid (5 mg/day) has become obsolete. A physiological dose of 5-MTHF glucosamine salt (800 mcg) bypasses the MTHFR block and is suggested to be an effective treatment for couple fertility problems.

In the trial, the selected population shows a strong link between an impaired folate cycle, due to the presence of polymorphism of the enzyme methylenetetrahydrofolate reductase (MTHFR), and consequently the capacity to achieve conception and carry a pregnancy to term. **Most of the women had been previously treated unsuccessfully with high doses of folic acid (5 mg/day).** Of 33 couples, 13 spontaneous pregnancies were observed at the end of the treatment and another 13 pregnancies were obtained after Assisted Reproductive Technology (ART), with the **overall ongoing pregnancy rate of 86.7%.**



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Supplementation with 5-MTHF (Quatrefolic®) instead of folic acid appears to be an effective treatment for patients carrying the above mutations, where the physiological dose of 5-MTHF glucosamine salt (800mcg) bypasses the MTHFR block.

On the contrary, excess of folic acid intake leads to the UMFA (Unmetabolised Folic Acid) syndrome in this peculiar population; UMFA syndrome may increase cancer risks and cause immune dysfunction.

This study highlights the benefits of **Quatrefolic® - the active folate form immediately available without metabolism of MTHFR enzyme** – and the importance of scientific communication lead by Gnosis in these years. Finished formulations with Quatrefolic® are in the limelight of new clinical studies, providing even more evidence of the real advantages over folic acid, in terms of efficacy and safety.



*Ref: Servy, E.J., Jacquesson-Fournols, L., Cohen, M. et al. MTHFR isoform carriers. 5-MTHF (5-methyl tetrahydrofolate) vs folic acid: a key to pregnancy outcome: a case series. J Assist Reprod Genet 2018.*

