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 µg/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 µg) 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 other 13 pregnancies were obtained after Assisted Reproductive Technology (ART), with the overall ongoing pregnancy rate of 86.7%.
The 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 (800 μg) bypasses the MTHFR block.

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

This study highlights the benefits of Quatrefolic® - the active folate form immediately available without metabolization 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 respect to the folic acid, in term of efficacy and safety.