Folates contained in foods are unstable and susceptible to oxidation and they lose activity during food processing, manufacturing and storage. This explains the need for supplementation to prevent folate deficiency.

However, folic acid commonly found in vitamin supplements and fortified food is NOT active folate. In order to be used by the body, it must be first converted from folic acid to methylenetetrahydrofolate (5-MTHF), the biological active form of this vitamin.

Quatrefolic® is the right choice because it is the ACTIVE form of folate, readily available for transport and use in human body and tissues.

The Importance of the right folate in Female and Male Fertility

The nutrient folate is important for embryo development, DNA repair, and other biological functions. For these reasons, women (and their male partners) are encouraged to consume folate-rich foods and folate supplements during and when planning for pregnancy.

But it is important to use the right folate!

Unfortunately, a genetic mutation in some women and men can limit the conversion of folic acid into its bioactive form, called 5-MTHF. Several studies have investigated the link between an impaired folate cycle and the association between the MTHFR C677T polymorphism and male and woman infertility. This mutation in the MTHFR gene is a risk factor for idiopathic male infertility and reduces the capacity to achieve conception and carry a pregnancy to term.

A case series study has evaluated the effect of Quatrefolic® in couples with recurrent miscarriages, lasting for at least 4 years; at least one of the partners was a carrier of one of the two main MTHFR isoforms (Servy et al. 2018).
Quatrefolic® (800 μg) bypasses the MTHFR polymorphism and is suggested to be an effective treatment for couple fertility problems.


Servy EJ et al. “MTHFR isoform carriers. 5-MTHF (5-methyltetrahydrofolate) vs folic acid: a key to pregnancy outcome: a case series.” Journal of Assisted Reproduction and Genetics. Published online ahead of print June 7, 2018

Quatrefolic® and the Folate Metabolic Pathway: discover the new infographic!

Gnosis by Lesaffre has prepared a new infographic to explain the metabolic pathway leading to the conversion of folic acid and folate into the biological active form.

Thanks to its high solubility, enhanced bioavailability and other features, the glucosamine salt of 5-MethylTetraHydroFolate (5-MTHF) reveals significant advantages over calcium salt and the previous folate generations.

Quatrefolic® - "the innovative folate" - delivers a "finished" folate the body can immediately use without any kind of metabolization.

Discover it in the new leaflet released by Gnosis by Lesaffre, ask for the new infographic at marketing.IT@gnosis.lesaffre.com.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. This is a business-to-business information intended for food and supplement producers, and is not intended for the final consumer. Manufacturers should check local regulatory status of any claims according to the intended use of their product.