Benefits of choosing MethylPro® over other brands:

- No prescription needed
- Professional strength L-methylfolate at a fraction of the cost
- Same active ingredient found in Deplin® and other pharmaceutical-grade L-methylfolate supplements
- Superior quality and purity
- Verified by independent, third-party testing
- No excipients, dyes, or fillers
- Hypoallergenic: no soy, dairy, gluten, nuts, or eggs
- No plastic contaminants (packaged in amber glass bottles)
- Multiple dosing options
- Convenient auto-ship for ease of compliance
- Different MethylPro® formulas to meet your needs

About Us

For over three decades MethylPro’s parent company, Metabolic Maintenance®, has been steadfast in producing pure, high quality, preservative-free products with no added excipients, fillers or binders. Our products are manufactured per the highest standards with only the most conscientious sourcing of ingredients.

Metabolic Maintenance® was the first nutraceutical company to carry high-dose L-methylfolate and we quickly learned that much of our demand was coming from psychiatrists. The overwhelming feedback from these doctors was that they needed a more affordable, convenient, and direct-to-consumer L-methylfolate supplement for their patients. Our response was the creation of the MethylPro® line.
More Options

MethylPro® has three distinct formulas and multiple strengths to choose from.

- **L-Methylfolate**
  - Support Positive Mood and Emotional Well Being
  - 2.5, 5, 7.5, 10, 15 mg

- **B-Complex + L-Methylfolate**
  - Support Positive Mood and Nourish Overall Energy
  - 5, 10, 15 mg

- **L-Methylfolate + Cofactors**
  - Support Positive Mood and Soothe Feelings of Stress
  - 10, 15 mg

Questions & Answers

**Q:** Why can I buy this without a prescription?

**A:** Our L-methylfolate is classified as a nutritional supplement and can be purchased over-the-counter. A purchase of L-methylfolate that requires a prescription means the product is classified as a medical food, however, the active ingredient remains the same.

**Q:** Is L-methylfolate addictive/habit forming?

**A:** No, L-methylfolate is not habit forming or addictive.

**Q:** How do I know what dose to take?

**A:** You should consult a healthcare professional when starting any new nutritional, diet or exercise regimen.

**Q:** What are the side effects?

**A:** Very few side effects have been noted in those supplementing with L-methylfolate. Those few that do experience side effects tend to notice feelings of irritability or restlessness. These symptoms subside at a lower dose or on discontinuation of the supplement.

**Q:** What else is L-methylfolate called?

**A:** Terms often used for L-methylfolate are: methylfolate, L-MTHF, 5-MTHF, 5-methylfolate, L-5-MTHF, L-5-methyltetrahydrofolate. Pharmaceutical brands include: Deplin®, Enlyte®, Extrafolate®, Metafolin®, and Metanx®.

**Q:** How do I know if I need L-methylfolate?

**A:** Folate is a necessary vitamin for everyone and L-methylfolate is the biologically active form. Your needs may be further influenced by genetics or by health history. Your doctor may use genetic testing along with other tests such as homocysteine levels and your health history to determine your specific need.