



Nourishing Life

The Power of Active Folate
in Every Women's Journey



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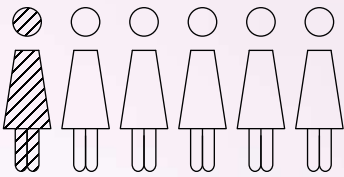
Many factors influence women's health throughout all stages of life, particularly the impact of modern lifestyles. Healthy lifestyle habits are key to maintaining health and supporting longevity, and dietary supplementation can play an important role in helping ensure that all nutritional requirements are fully met.

Research supports the emerging role of active folate in improving women's health, creating new opportunities for innovation in this field.

By exploring the role of Quatrefolic® in reproductive health, lactation, and the menopausal transition, we can develop targeted solutions that optimize women's health and well-being.

Women's Journey

Fertility



Approximately one in six people of reproductive age worldwide have experienced infertility during their lifetime (WHO, 2023*).

Quatrefolic® supplementation has been associated with improved fertility outcomes for couples experiencing fertility issues, particularly those with MTHFR polymorphisms.⁽¹⁾

It bypasses the need for metabolic conversion, making it readily available for transport and use in the human body and tissues.

Adequate folate levels have been associated with improved oocyte quality and enhanced embryo development.⁽²⁾



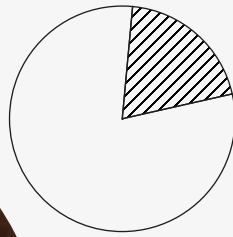
*Infertility prevalence estimates, 1990–2021. Geneva: World Health Organization; 2023.

1.Miraglia, Niccolò, and Elodie Dehay. "Folate supplementation in fertility and pregnancy: the advantages of (6S) 5-methyltetrahydrofolate." *Altern Ther Health Med* 28.4 (2022): 12-17.

2.Saini, Sikander, et al. "Folate supplementation during oocyte maturation positively impacts the folate-methionine metabolism in pre-implantation embryos." *Theriogenology* 182 (2022): 63-70.



Folate plays a crucial role in DNA synthesis and repair, which are critical processes during the rapid cell division and growth that occur in early fetal development. ⁽³⁾



The prevalence of folate deficiency was >20% in many countries with lower-income economies but was typically <5% in countries with higher-income economies ⁽⁴⁾

Insufficient folate status during pregnancy can impair fetal and placental growth, increasing the risk of preterm birth, low birth weight, and fetal growth restriction.

Folate supplementation, such as **Quatrefolic®**, contributes to normal homocysteine metabolism (EFSA claim), as high concentrations have been linked to pregnancy complications like miscarriage, preeclampsia, and placental abruption.

Pregnancy

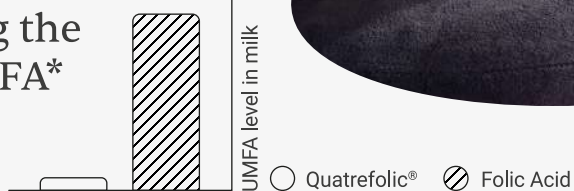
3. Tola, Fikadu Seyoum. "The concept of folic acid supplementation and its role in prevention of neural tube defect among pregnant women: PRISMA." *Medicine* 103:19 (2024): e38154.
4. Rogers, Lisa M., et al. "Global folate status in women of reproductive age: a systematic review with emphasis on methodological issues." *Annals of the New York Academy of Sciences* 143:11 (2018): 35-57.

Lactation

Beyond pregnancy, folate form may be important during lactation, according to a recent clinical study, as maternal folate intake directly influences the composition and metabolic profile of folate transferred to human milk.

A recent clinical study has shown that maternal folate form supplementation can impact human milk folate profile, **with folic acid increasing the mean proportion of milk UMFA* by ~14-fold** ⁽⁵⁾

*unmetabolized folic acid



Another clinical study also suggests that lactation may deplete maternal folate reserves, as higher concentrations of 5-MTHF in breastmilk were associated with lower 5-MTHF levels in maternal plasma, indicating the relevance of maintaining adequate maternal folate status during breastfeeding. ⁽⁶⁾

These findings highlight the potential benefit of active folate, such as **Quatrefolic®**, in supporting both infant nutritional needs and maternal health during lactation.



5. Cochrane, Kelsey M., et al. "Human milk unmetabolized folic acid is increased following supplementation with synthetic folic acid as compared to (6S)-5-methyltetrahydrofolic acid." *Scientific Reports* 13:1 (2023): 11298.

6. Obeid, Rima, et al. "Infants' folate markers and postnatal growth in the first 4 Months of life in relation to breastmilk and maternal plasma folate." *Nutrients* 15:6 (2023): 1495.

Perimenopause, Menopause & Post-menopause

By 2030, an estimated 1.2 billion women worldwide will be in the menopausal or postmenopausal stage, with approximately four in five experiencing significant negative effects.*

The World Health Organization (WHO) recognizes menopause as a critical stage in a woman's life that can significantly impact her health and quality of life.

The symptoms associated with menopause are diverse and can significantly impact a woman's daily life ⁽⁷⁾.

- **Vasomotor Symptoms (VMS):** Hot Flashes and Night Sweats are the most frequently reported symptoms, affecting approximately 75-85% of women**
- **Sleep Disturbances:** Approximately 40-60% of perimenopausal and post-menopausal women experience sleep disturbances
- **Psychological Symptoms:** Anxiety, irritability, mood swings, and depression are reported by 20-40% of women globally during the menopausal transition.
- **Osteoporosis and cardiovascular disease risks:** Affect approximately 200 million women. Women's risk of cardiovascular disease (CVD) significantly increases

Active folate supplementation, such as **Quatrefolic®**:
May help reduce the frequency and severity of hot flashes, contributes to normal homocysteine metabolism, and supports overall mental health.



* Delanerolle, G., Phiri, P., Elneil, S., Talaulikar, V., Eleje, G. U., Kareem, R., ... & Lee, J. Y. S. (2025). Menopause: a global health and wellbeing issue that needs urgent attention. *The Lancet Global Health*, 13(2), e196-e198.
Santoro, N., Roeca, C., Peters, B. A., & Neal-Perry, G. (2021). The Menopause Transition: Signs, Symptoms, and Management Options. *The Journal of Clinical Endocrinology & Metabolism*, 106(1), 1-15.

** Goldstein KM, Coeytaux RR, Williams JW Jr, et al. Nonpharmacologic Treatments for Menopause-Associated Vasomotor Symptoms [Internet]. Washington (DC): Department of Veterans Affairs (US); 2016 Jul.

7. Fang, Yiqiao, et al. "Mapping global prevalence of menopausal symptoms among middle-aged women: a systematic review and meta-analysis." *BMC Public Health* 24(1) (2024): 1767.

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