

PRENATAL METHYL

INCLUDED IN STARTER KIT:

Vitamin B12 drops
Prenatal methyl multi vitamin
Folate 100 drops

The best way to introduce your
biologically active folate is slowly.
With the help of Vitamin B12,
your folate will be better absorbed.

see overleaf for guidance...

MTHFRGROUP®



Step 1: Start with 5 drops of Vitamin B12 per day (take drops directly under the tongue)

Step 2: After 5 days, take one Prenatal methyl multi vitamin with your Vitamin B12 in the morning after breakfast

Step 3: After one week, increase your Prenatal methyl Multivitamin to 2 caps per day in the morning, with your Vitamin B12

Step 4: After another week, take 3 caps Prenatal methyl multivitamin in the morning with your Vitamin B12 (this is the full dose of the Prenatal methyl)

Step 5: Wait 2 weeks and add in 1 drop of the Folate 100 drops per day (take at the same time as your 3 Prenatal methyl caps and your 5 drops of Vitamin B12. You can split your caps and take some at lunch time. Every week thereafter, increase your folate drops by one drop ie: week 1 = 1 drop, week 2= 2 drops, week 3 = 3 drops, week 4= 4 drops. When starting biologically active folate it is not unusual to get headaches, muscle aches and pains so going slowly is better.

Your goal is to be taking the following:

5 drops of Vitamin B12

3 Caps of Prenatal Methyl multi vitamin – either all the in the morning or may be split between breakfast and lunch

4-5 drops of folate 100 (this will depend on how you feel, you may feel better with more drops. When you get to a level that suits you, stop and do not increase further)

Should you need any support or have questions, please don't hesitate to contact us at:

enquiries@mthfrsupport.com.au