

Supplemental Facts

DESCRIPTION

Nufola is an orally administered dietary supplement for patients that want to support a healthy nervous system through dietary supplementation.*

ADMINISTRATION

Nufola is to be administered orally, one or two daily. Capsules are intended to be swallowed whole with water. Use of Nufola should always occur under the care of a physician.

PHARMACOLOGY

(6S)-5-methyltetrahydrofolic acid ((6S)-5-MTHF) is the primary biologically active isomer of folate. Unlike supplementary folic acid, which requires enzymatic reduction by the methylenetetrahydrofolate reductase enzyme (MTHFR) to become biologically active, (6S)-5-MTHF is able to penetrate cellular membranes without requiring metabolism. Research has shown (6S)-5-MTHF to be seven times more bioavailable than folic acid.

Therapeutically, (6S)-5-MTHF is used to reduce homocysteine levels and to improve vascular endothelial function through its influence on nitric oxide (NO). Clinical studies have shown that direct supplementation with (6S)-5-MTHF reduces homocysteine levels and increases plasma folate levels more effectively than folic acid.

In fact, folic acid supplementation alone was shown not to reduce intracellular homocysteine. Inborn genetic variations (polymorphisms) in the MTHFR gene are the most common genetic causes for elevated homocysteine levels.

(6S)-5-MTHF Glucosamine Salt (Quatrefolic®) is a new dietary ingredient (NDI) that shows enhanced stability and bioavailability when compared to the (6S)-5-MTHF calcium salt form.

Pyridoxal 5-phosphate (P5P) is the metabolically active coenzyme form of vitamin B6. P5P-dependent enzymes are involved in many biochemical reactions, including the transsulfuration of homocysteine and decarboxylation of amino acids that yield biogenic amines (neurotransmitters).

Methylcobalamin is a vitamin B12 analog that is neurologically active and is necessary for nervous system function. Methylcobalamin's neuroprotective effects may be mediated by the methylation cycle. In conjunction with supplemented folate, the addition of Vitamin B12 has been shown to reduce homocysteine more than folic acid alone. Clinical trials suggest the combination of (6S)-5-MTHF, P5P and methylcobalamin can support a healthy nervous system.

METABOLIC AND VASCULAR/HYPOXIC FACTORS IN PERIPHERAL NEUROPATHY (PN)

Research suggests that the underlying pathology of PN involves a complex interaction between metabolic and vascular factors that converges on nerves and the endothelium of the peripheral microvasculature. Elevated levels of homocysteine (hyperhomocysteinemia, HHcy) is considered an independent risk factor for the development of PN. HHcy inhibits endothelium-mediated nitric oxide-dependent vasodilation and is thought to contribute to endothelial dysfunction (ED). ED is complex, involving multiple mechanisms, not the least of which are HHcy, oxidative stress, and the resulting reduced bioavailability of nitric oxide (NO). With respect to peripheral nerves, insufficient NO causes vasoconstriction and therefore reduced blood flow to peripheral nerves. Reduced blood flow translates into the inadequate transfer of nutrients to peripheral nerve cells and consequent nerve damage. Alternately, studies suggest that enhancing endothelial function and reversing some of these factors that interfere with NO production will increase NO, improve blood flow through vasodilation, enable the delivery of essential nutrients and oxygen to peripheral nerves, and thereby allow the nerves to perform normal functions. Nufola is designed to address metabolic and vascular processes, and support a healthy nervous system.*

OTHER INGREDIENTS

Alpha-lipoic acid (ALA) is a multifunctional antioxidant that is orally absorbed and converted to its reduced form (dihydrolipoic acid or DHLA) in many tissues. The redox couple effects of ALA/DHLA are important in biological processes, including the regulation of gene expression and the modulation of enzyme and receptor activities; these mechanisms have important implications relating to various metabolic

INDICATIONS AND USAGE

Nufola capsules are indicated for the specific dietary requirements of patients to support a healthy nervous system.*

Nufola should always be used under medical supervision.

CONTRAINDICATIONS

Nufola is contraindicated in children, pregnant or nursing women, women of childbearing age who may become pregnant, and anyone with a known hypersensitivity to any of the components. ALA is contraindicated in individuals who are thiamine deficient.

PRECAUTIONS

Patients taking agents that lower blood pressure, affect blood sugar levels, or increase bleeding risk should be monitored. High-dose folic acid intake without concurrent B12 supplementation may mask the symptoms of pernicious, aplastic, or normocytic anemias caused by vitamin B12 deficiency. (6S)-5-MTHF is unlikely to mask B12 deficiency.

ADVERSE REACTIONS

Patients taking a combination of B vitamins at levels that are comparable to those found in Nufola have reported numbness in two fingers, dizziness, and balance disorder. Folic acid supplementation has been reported to cause gastrointestinal (GI) distress, irritability, excitability, sleep disturbances, and allergic reactions in some individuals. Human trials using 0.4 to 17 mg/day of (6S)-5-MTHF showed an absence of adverse effects. Paresthesia, somnolence, nausea and headaches have been reported with pyridoxal 5-phosphate (coenzyme form of Vitamin B6). Doses of B6 under 200 mg/d are not likely to cause adverse effects unless an individual is particularly sensitive. Neurological and GI disturbances and skin reactions have been reported. Excessive doses may cause reversible sensory neuropathy. Vitamin B12 may cause GI disturbances, polycythemia vera, or allergic reactions in sensitive individuals. ALA may cause mild skin rash, GI complaints, or dizziness; these are primarily associated with doses over 1200 mg/d.

This is not a comprehensive list of adverse reactions; others may occur. Consult a current, comprehensive database for all potential adverse reactions.

DRUG INTERACTIONS

Folic acid could decrease the effectiveness of methotrexate, pyrimethamine, and anti-seizure medications/first-generation anticonvulsants (phenytoin, carbamazepine, valproate, fosphenytoin, phenobarbital, primidone, for example). It is not known if (6S)-5-MTHF has the same interactions, so caution is recommended when prescribing Nufola among patients who are taking these medications. Vitamin B6 may exacerbate photosensitivity caused by amiodarone. Pyridoxal 5-phosphate (B6) may also effect metabolism and may therefore decrease the effectiveness of levodopa, phenobarbital, and phenytoin.

Pyridoxal 5-phosphate (B6) should not be given to patients receiving the drug levodopa, because the action of levodopa is antagonized by Pyridoxal 5-phosphate (B6). However, Pyridoxal 5-phosphate (B6) may be used concurrently in patients receiving a preparation containing both carbidopa and levodopa. Vitamin B12 should not be combined with chloramphenicol. Alpha-lipoic acid may interact with thyroid medications. Theoretically, concomitant use of alpha-lipoic acid with antidiabetic drugs may have an additive effect.

This is not a complete list of drug interactions. Talk to your doctor or pharmacist before using any other prescription or over-the-counter medicines or herbal/health supplements with Nufola.

STORAGE: Store at 20° to 25° C (68° to 77° F), the controlled room temperature defined by the U.S. Pharmacopeia (USP).

HOW SUPPLIED: Nufola purple veggie capsules are supplied in a bottle of 60 count 58407-3123-60 and in a sample size package of four per box, 58407-3123-04.

KEEP THIS AND ALL DRUGS OUT OF THE REACH OF CHILDREN.

For The Support You Need...



What are possible side effects of Nufola?

The side effects of Nufola™ are about the same as those of a placebo. A placebo is a pill or liquid with no active medicine. A sugar pill is an example of a placebo.

How do I know if Nufola is working?

If you already have nerve damage, it may take some time before you notice that Nufola™ is working. Based on medical studies, people should take Nufola™ for at least 6 months to have significant improvement. Every person will respond differently to Nufola™.

Each capsule contains:

- 3.75mg of Quatrefolic®
- 1mg of methylcobalamin
- 25mg of Pyridoxal 5-phosphate
- 300mg of Alpha Lipoic Acid

The statements in this brochure have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or any disease.

We All Need The Right Support

Nufola™



DYE-FREE
NEW!
VEGGIE CAP

If you are experiencing numbness, tingling or burning pain in your feet or hands talk to your healthcare provider about Nufola as an option.

MAGNA
Pharmaceuticals, Inc.
Accountability.

www.magnaweb.com

(888) 206-5525

Pick Numbers: ABC #10186911, Cardinal #5445945, McKesson #3903168, ANDA# 500847, Smith Drug #845636, Morris Dickson #264036