



EAST AUSTIN MEDICINE SHOP
FAST, COURTEOUS, PERSONAL, AND PROFESSIONAL.



Chris' Top Picks

Methylfolate

- Methylfolate is the active form of folic acid.
 - If you are deficient it can cause an increase in homocysteine that can lead to heart disease and stroke.
 - It is reduced by antibiotics, steroids, NSAIDs (ibuprofen), diuretics, PPIs, Norco, diabetes & cholesterol meds.
 - Supplementation has shown to improve depression symptoms and pain from diabetic neuropathy.
- *It is also my test to see if a supplement has quality ingredients (Folic Acid = Bad, Methylfolate = Good)