

Dr. Xie,

I am hoping that in discussing high intakes of folic acid we can be clear to distinguish folic acid from other reduced folates, whether or not they are from food or supplemented through dietary supplements. Though further distinction would also be helpful since synthetic reduced folates are not glutamated like food folates.

The reason being that the dihydrofolate reductase enzyme seems to be easily saturated by folic acid. However, to my knowledge, other enzymes in folate metabolism are not so easily saturated. So high intakes of other reduced folates such as formyltetrahydrofolate and methyltetrahydrofolate would likely not have the negative consequences of high intakes of folic acid.

Looking forward to the Panel.

Brett Bartel