

# CHILL PILL



Chill Pill is for the metabolic management of low 5-methyltetrahydrofolic acid (5-MTHF) levels. It is also indicated for those who have major depressive disorder (MDD), with particular emphasis as adjunctive support for individuals who are on an antidepressant. Research suggests that inadequate 5-MTHF, either as consequence of a folate deficiency or from the inability to convert folic acid to 5-MTHF, impacts the complex balance of brain neurotransmitters and can lead to problems such as anxiety and depression.

## CLINICAL APPLICATIONS

- ◆ Balances sympathetic and parasympathetic systems
- ◆ Promotes healthy immune function
- ◆ Stimulates neurotransmitter synthesis for serotonin
- ◆ Encourages release of muscle tension

## Discussion

Chill Pill's ingredient list includes a 5-MTHF glucosamine salt known as Quatrefolic® – a proprietary biologically active folate. Quatrefolic is a new dietary ingredient that shows enhanced stability and bioavailability when compared to the simplified calcium salt form of 5-MTHF.

5-MTHF is the active circulating form of folate and is found naturally in food. Chill Pill tablets are formulated for the distinct nutritional requirements of those who have suboptimal 5-MTHF in their cerebrospinal fluid, plasma, and/or red blood cells. Unlike supplementary folic acid that requires enzymatic conversion to become active, 5-MTHF is able to infiltrate cellular membranes without being metabolized.

To support excellent quality and provide for the extended release of Quatrefolic, Chill Pill has been designed to meet the criteria for rate of dissolution and disintegration according to USP 711 Dissolution, Method A for delayed-release dosage forms. In addition, the natural-source excipients used in Chill Pill are USP grade, meaning they meet all of the specifications the USP establishes in their monograph for each ingredient.


## Supplement Facts

Serving Size: 1 Tablet  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Folate (from 28 mg Quatrefolic® (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	15 mg	**

\*\*Daily Value (DV) not established.

**Other Ingredients:** Dicalcium phosphate, microcrystalline cellulose, coating (talc, shellac, vegetable glycerin, L-arginine, vegetable magnesium stearate, silica, sodium alginate, titanium dioxide, riboflavin 5'-phosphate sodium), vegetable stearic acid, Quatrefolic® ((6S)-5 methyltetrahydrofolic acid, glucosamine salt), vegetable magnesium stearate, and croscarmellose sodium.

 Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under U.S. patent 7,947, 662.

### Additional Information:

**(30 tablets)** This product is a medical food intended to be used only under the supervision of a physician. Individuals taking additional medications should discuss potential interactions with their doctor. Manufactured in a GMP compliant facility and strictly followed GMP standards. Each bottle meets the highest standards of safety, potency, and purity.

### Directions:

**Adults:** one tablet per day, or as directed by your physician. We suggest taking with food, preferably a lunchtime meal.

### Pairs well with:

Wellness Warrior Boost Pack and/or Digest.

