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2. L-methylfolate

L-methylfolate

Generic name: l-methylfolate [*L-METH-il-FOE-late*]

Brand names: [Denovo](#), [Deplin](#), [Elfolate](#), [L-Methylfolate Forte](#), [XaQuil XR](#), ... [show all 10 brands](#)

Dosage forms: oral capsule (15 mg; 7.5 mg), oral tablet (15 mg; 7.5 mg), oral tablet, extended release (30 mg)

Drug class: [Vitamins](#)



[Medically reviewed](#) by Drugs.com on Aug 11, 2023. Written by [Cerner Multum](#).

[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [Dosage](#) [Interactions](#)

What is l-methylfolate?

Folate is a form of B vitamin that occurs naturally in many foods. Folic acid is the man-made form of folate that is added to processed foods or vitamin and mineral supplements. Folate is needed in the human body for production of red blood cells.

A lack (deficiency) of folate in the human body can be caused by certain diseases, by taking certain medications, or by not getting enough folate in your diet. [Folate deficiency](#) can lead to decreased red blood cells, or anemia. Folate deficiency can also cause high levels of a certain amino acid in the blood, a condition called [hyperhomocysteinemia](#) (HYE-per-HOE-moe-sis-tin-EE-mee-a).

L-methylfolate is a medical food for use in people who have conditions related to folate deficiency. L-methylfolate is also used in people with [major depressive disorder](#) who have folate deficiency, or in people with [schizophrenia](#) who have hyperhomocysteinemia related to folate deficiency.

L-methylfolate is not an antidepressant or anti-psychotic medication. However, l-methylfolate may enhance the effects of antidepressant medications.

L-methylfolate may also be used for purposes not listed in this medication guide.

L-methylfolate side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives; difficulty breathing; swelling of your face, lips, tongue, or throat.

Less serious side effects may occur, and you may have none at all.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.



[L-methylfolate side effects](#) (more detail)

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prevent and treat folate ...

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Citalopram

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Warnings

Follow all directions on your medicine label and package. Tell each of your healthcare providers about all your medical conditions, allergies, and all medicines you use.

Before taking this medicine

You should not use l-methylfolate if you are allergic to it.

To make sure l-methylfolate is safe for you, tell your doctor if you have:

- seizures or epilepsy;
- a history of [vitamin B12 deficiency](#) or [pernicious anemia](#); or
- a history of [bipolar disorder](#) ([manic depression](#)).

Tell your doctor if you are pregnant or breast-feeding. Your dose needs may be different during pregnancy or while you are nursing.

How should I take l-methylfolate?

Follow all directions on your prescription label. Do not take l-methylfolate in larger or smaller amounts or for longer than recommended.

Use only the strength of l-methylfolate that your doctor has prescribed. Do not switch brands without your doctor's advice.

You may take l-methylfolate with or without food. Follow your doctor's instructions.

Do not crush, chew, or break an extended-release tablet. Swallow it whole.

Do not share this medication with another person, even if they have the same symptoms you have.

L-methylfolate is only part of a complete program of treatment that may also include other medications, and psychological counseling when used in people with depression or schizophrenia. Follow your medication and counseling routines very closely.

Store at cool room temperature away from moisture, heat, and light.

L-methylfolate dosing information

Usual Adult Dose for Folic Acid Deficiency:

7.5 to 15 mg orally once a day, with or without food

XaQuil XR(R): 30 mg orally once a day, with or without food

Use: Suboptimal L-methylfolate levels in patients with major depressive disorder, particularly those on [antidepressants](#)

 [Detailed L-methylfolate dosage information](#)

What happens if I miss a dose?

Take the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose.

Do not take extra medicine to make up the missed dose.

What happens if I overdose?

An overdose of L-methylfolate is not likely to cause life-threatening symptoms.

What should I avoid while taking L-methylfolate?

Follow your doctor's instructions about any restrictions on food, beverages, or activity.

What other drugs will affect L-methylfolate?

Tell your doctor about all your current medicines and any you start or stop using, especially:

- [capecitabine](#);
- fluoxetine (Prozac);
- isotretinoin;
- [methotrexate](#);
- [methylprednisolone](#);
- pancrelipase;

- [pyrimethamine](#);
- triamterene;
- trimethoprim;
- warfarin (Coumadin, Jantoven);
- [birth control pills](#);
- oral diabetes medicine that contains metformin (Glucophage, Avandamet, Metaglip, and others);
- **NSAIDs (nonsteroidal anti-inflammatory drugs)**--aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), celecoxib, diclofenac, indomethacin, meloxicam, and others; or
- **seizure medicine**--[carbamazepine](#), lamotrigine, [phenobarbital](#), phenytoin, primidone, [valproic acid](#).

This list is not complete. Other drugs may interact with l-methylfolate, including prescription and over-the-counter medicines, vitamins, and [herbal products](#). Not all possible interactions are listed in this medication guide.

 [L-methylfolate drug interactions](#) (more detail)

Does l-methylfolate interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

+

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Patient resources

- [Methylfolate patient information](#)
- [L-Methylfolate with B Vitamins](#)

Other brands

[Deplin](#), [L-Methylfolate Forte](#), [Denovo](#), [Elfolate](#), ... +2 more

Related treatment guides

- [Folate Deficiency](#)
- [Hyperhomocysteinemia](#)
- [Borderline Personality Disorder](#)
- [Depression](#)

Further information


Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.


Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

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DRUG STATUS

Availability
 Rx and/or OTC

Pregnancy & Lactation
 Risk data available

CSA Schedule*
N/A Not a controlled drug



User Reviews & Ratings

7.8 / 10

[166 Reviews](#)

Images

[L-Methylfolate 15 mg \(LMF 15\)](#)



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