

Bars represent geometric mean concentration; lines represent mean percent of total folate; error bars represent 95% CI. Serum folate forms and serum total folate (sum of folate forms including MeFox) were measured by HPLC-MS/MS. Non-methyl folate represents the sum of the three minor forms tetrahydrofolate, 5-formyltetrahydrofolate and 5,10-methenyltetrahydrofolate. 5-MethylTHF, 5-methyltetrahydrofolate; MeFox, pyrazino-striazine derivative of 4 α -hydroxy-5-methylTHF; UMFA, unmetabolized folic acid.