

## Deplin® 7.5 Capsules

A medical food for the clinical dietary management of depression and schizophrenia.

### DESCRIPTION

Each clear capsule contains:

#### Dietary Ingredients:

L-methylfolate Calcium (Metafolin®)	7.5 mg
Algae-S powder (Schizochytrium)	90.314 mg

#### Other Ingredients:

Silicified Microcrystalline Cellulose, Algae-S Powder (Schizochytrium Algal Oil [Vegetable source]), Glucose Syrup Solids, Mannitol, Sodium Caseinate (milk), Soy Protein, High Oleic Sunflower Oil, 2% or less Sodium Ascorbate, Natural Flavors, Tricalcium Phosphate, Tetrasodium Diphosphate, Tocopherols, Soy Lecithin, and Ascorbyl Palmitate [as antioxidants], Hypromellose, L-methylfolate Calcium, Carrageenan, Magnesium Stearate (Vegetable Source), Potassium Acetate, Black Iron Oxide, Propylene Glycol, Hydroxypropyl Cellulose, Hypromellose.

#### Contains Milk and Soy

### INDICATIONS AND USAGE

#### CLINICAL DIETARY MANAGEMENT OF MAJOR DEPRESSIVE DISORDER

Deplin® is formulated to meet the distinctive nutritional requirement of individuals who have suboptimal L-methylfolate Calcium levels in the cerebrospinal fluid, plasma, and/or red blood cells and have major depressive disorder (MDD). Please consult your medical provider for the use of Deplin® concomitant to antidepressant drugs.<sup>1-6</sup>

#### CLINICAL DIETARY MANAGEMENT OF SCHIZOPHRENIA

Deplin® is formulated to meet the distinctive nutritional requirement of individuals who have suboptimal L-methylfolate Calcium levels in the

cerebrospinal fluid, plasma, and/or red blood cells and have schizophrenia who present with negative symptoms and/or cognitive impairment. Please consult your medical provider for the use of Deplin® concomitant to antipsychotics drugs.<sup>1</sup>

### PRECAUTIONS

L-methylfolate Calcium is not interchangeable with folic acid. Folic acid is not effective in some patients in impacting cerebral folate levels due to low rates of folic acid transport across the blood-brain barrier and/or low brain levels of the enzyme required to convert folic acid into a biological and functional form.<sup>6-8</sup> Patients at risk for vitamin B12 deficiency should consult with their medical provider prior to taking L-methylfolate Calcium.<sup>9</sup>

### ADVERSE REACTIONS

Allergic reactions have been reported following the use of oral L-methylfolate Calcium.<sup>10</sup>

### CONTRAINDICATIONS

Deplin® is contraindicated in patients with known hypersensitivity to any of the components contained in this product.

### PATIENT INFORMATION

Deplin® is a medical food for use under medical supervision.

### RECOMMENDED USE

Usual adult dose is one Deplin® 7.5 capsule twice a day (1 capsule BID) with or without food or as directed under medical supervision.

### HOW SUPPLIED

Commercial Product (90 capsules)  
00525-1139-90

Rx

Available as a clear capsule. It is imprinted with "7.5" in black ink on the body.

**STORAGE**

Store at controlled room temperature 15°C to 30°C (59°F to 86°F) (See USP). Protect from heat, light and moisture.

Metafolin® is a trademark of Merck KGaA, Germany

Manufactured and Distributed by  
Alfasigma USA, Inc.  
Shreveport, LA 71103

Questions?  
Call 1-844-639-9726

**REFERENCES**

- <sup>1</sup>. Godfrey PSA et al. Lancet 1990;336:392-5.
- <sup>2</sup>. Papakostas et al. Am J Psychiatr 2012;169:1267-74.
- <sup>3</sup>. Passeri M et al. Aging Clin Exp Res 1993;5(1):63-71.
- <sup>4</sup>. Guaraldi GP et al. Ann Clin Psychiatr 1993;5(2):101-5.
- <sup>5</sup>. Di Palma C et al. Curr Ther Res 1994;55(5):559-68.
- <sup>6</sup>. Visentin et al Annu Rev Physiol 2014 76:251-74.
- <sup>7</sup>. Zhao et al Mol Aspects Med 2013 34: 373-85.
- <sup>8</sup>. Molero-Luis et al Expert Rev Neurother 2015 15: 793-802.
- <sup>9</sup>. Pietrzik et al Clin Pharmacokinet 2010 49: 535-48.
- <sup>10</sup>. Natural Standard Research Collaboration (NIH). Folate (folic acid) Monograph 2009.

Revised: {02/2024}

## Deplin® 15 Capsules

A medical food for the clinical dietary management of depression and schizophrenia.

### DESCRIPTION

Each clear capsule contains:

#### Dietary Ingredients:

L-methylfolate Calcium (Metafolin®)	15.0 mg
Algae-S powder (Schizochytrium)	90.314 mg

#### Other Ingredients:

Silicified Microcrystalline Cellulose, Algae-S Powder (Schizochytrium Algal Oil [Vegetable source]), Glucose Syrup Solids, Mannitol, Sodium Caseinate (milk), Soy Protein, High Oleic Sunflower Oil, 2% or less Sodium Ascorbate, Natural Flavors, Tricalcium Phosphate, Tetrasodium Diphosphate, Tocopherols, Soy Lecithin, and Ascorbyl Palmitate [as antioxidants], Hypromellose, L-Methylfolate Calcium, Carrageenan, Magnesium Stearate (Vegetable Source), Potassium Acetate, Black Iron Oxide, Propylene Glycol, Hydroxypropyl Cellulose, Hypromellose.

#### Contains Milk and Soy

### INDICATIONS AND USAGE

#### CLINICAL DIETARY MANAGEMENT OF MAJOR DEPRESSIVE DISORDER

Deplin® is formulated to meet the distinctive nutritional requirement of individuals who have suboptimal L-methylfolate Calcium levels in the cerebrospinal fluid, plasma, and/or red blood cells and have major depressive disorder (MDD). Please consult your medical provider for the use of Deplin® concomitant to antidepressant drugs.<sup>1-6</sup>

#### CLINICAL DIETARY MANAGEMENT OF SCHIZOPHRENIA

Deplin® is formulated to meet the distinctive nutritional requirement of individuals who have suboptimal L-methylfolate Calcium levels in the

cerebrospinal fluid, plasma, and/or red blood cells and have schizophrenia who present with negative symptoms and/or cognitive impairment. Please consult your medical provider for the use of Deplin® concomitant to antipsychotics drugs.<sup>1</sup>

### PRECAUTIONS

L-methylfolate Calcium is not interchangeable with folic acid. Folic acid is not effective in some patients in impacting cerebral folate levels due to low rates of folic acid transport across the blood-brain barrier and/or low brain levels of the enzyme required to convert folic acid into a biological and functional form.<sup>6-8</sup> Patients at risk for vitamin B12 deficiency should consult with their medical provider prior to taking L-methylfolate Calcium.<sup>9</sup>

### ADVERSE REACTIONS

Allergic reactions have been reported following the use of oral L-methylfolate Calcium.<sup>10</sup>

### CONTRAINDICATIONS

Deplin® is contraindicated in patients with known hypersensitivity to any of the components contained in this product.

### PATIENT INFORMATION

Deplin® is a medical food for use under medical supervision.

### RECOMMENDED USE

Usual adult dose is one Deplin® 15 capsule once daily (1 capsule QD) with or without food or as directed under medical supervision.

### HOW SUPPLIED

Commercial Product (90 capsules)  
00525-1102-90

Rx

Professional Sample (6 capsules)  
00525-1102-06

Not for Sale

Available as a clear capsule. It is imprinted with "15" in black ink on the body.

**STORAGE**

Store at controlled room temperature 15°C to 30°C (59°F to 86°F) (See USP). Protect from heat, light and moisture.

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- <sup>9</sup>. Pietrzik et al Clin Pharmacokinet 2010 49: 535-48.
- <sup>10</sup>. Natural Standard Research Collaboration (NIH). Folate (folic acid) Monograph 2009.

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