Supporting Information

**S5-Table. (Data of Fig. 7. Plasma level of 5-CH3-H4folate in 60 µl of plasma at different sampling times after uptake of 400 µg 5-CH3-H4folate.)**

|  |  |  |
| --- | --- | --- |
| time [min] | c(5-CH3-H4folate) Plasma [nmol/L] | ± SD [nmol/L] |
| 0 | 32 | 6 |
| 20 | 32 | 6 |
| 40 | 63 | 19 |
| 60 | 64 | 14 |
| 80 | 56 | 8 |
| 100 | 58 | 10 |
| 120 | 53 | 18 |
| 140 | 45 | 4 |
| 200 | 46 | 6 |
| 260 | 40 | 8 |
| 320 | 46 | 8 |
| 440 | 33 | 5 |
| 510 | 41 | 4 |