

L-METHYLFOLATE (Deplin) Side Effects:

Most common: not well known; likely well tolerated.

Serious but rare: Folic acid supplementation may mask symptoms of vitamin B12 deficiency (administration of folic acid may reverse the hematological signs of B12 deficiency, including megaloblastic anemia, while not addressing neurological manifestations). L-methylfolate may be less likely than folic acid to mask B12 deficiency, though the possibility should be considered. May not be a concern with Metanx.

Pregnancy: little data.

This is a simplified list of side effects focusing on what is common or severe because complete lists of more rare and less serious side effects are often overwhelming. If desired, complete lists of potential side effects can be found on reputable web sites like Drugs.com.