

Abstract**PHARMACEUTICAL COMPOSITION CONTAINING GESTAGENS AND/OR
5 ESTROGENS AND 5-METHYL-(6S)-TETRAHYDROFOLATE**

The invention relates to a pharmaceutical composition which contains gestagens, preferably drospirenone, estrogens, preferably ethinylestradiol, and 5-methyl-
10 (6S)-tetrahydrofolate, can be used as an oral contraceptive, and prevents diseases of the consumer caused by folate deficiency, especially cardiovascular diseases, as well as congenital defects caused by folate deficiency after conceiving the embryo, such as
15 neural tube defects, defects of the ventricular valve, urogenital defects, and cheilognathopalatoschisis, without masking the symptoms of vitamin B₁₂ deficiency while facilitating unrestricted usability of the folate component 5-methyl-(6S)-tetrahydrofolate by the
20 organism and thus the biological activity thereof in order to prevent said congenital defects caused by folate deficiency in case of a homozygous or heterozygous methylenetetrahydrofolate reductase polymorphism. In addition, an extended protective
25 effect is maintained after discontinuing the contraceptive.

Figure 1