

folic acid... a vital nutrient



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***Did you know
Folic Acid is
considered a
brain food
and is also
important
for energy
production
and immunity?***

Folic Acid works with vitamin B12 in the formation of red blood cells and the metabolism of proteins, as well as the production of RNA and DNA. Because of its function as a co-enzyme in RNA and DNA synthesis, Folic Acid is fundamentally important for healthy cell division and replication. It is therefore essential to supplement before and during pregnancy to help regulate embryonic and foetal nerve cell formation. Research has demonstrated that a daily intake of 400mcg of Folic Acid may help to prevent most neural tube defects such as spina bifida and anencephaly. It may also help to prevent premature birth.

Folic Acid is an important nutrient, along with vitamins B12 and B6, in regulating homocysteine levels. Studies have repeatedly confirmed that high levels of homocysteine (a by-product of amino acid metabolism) is associated with a dramatically increased risk of heart disease and development of Alzheimer's disease.

Low Folic Acid levels have also been linked to an increased incidence of strokes and dementia, and deficiency may enhance the effect of other risk factors for cervical dysplasia. Signs of Folic Acid deficiency include a sore, red tongue, anaemia, growth impairment, insomnia and fatigue. Oral contraceptives and alcohol may increase the need for Folic Acid, as well as regular intake of antacids.

Experts have noted that Folic Acid is needed by the body to utilise vitamin B12 and vice versa. So ideally, the two nutrients should be combined together in a supplement. Increasing Folic Acid intake alone may mask a vitamin B12 deficiency, another reason therefore to take the two together.

B12 Plus combines well with Ginkgo Plus and Bee Pollen.

