

# Folic Acid 800 mcg

*With Vitamin B-12*

## DESCRIPTION

Folic Acid 800 mcg supplies 200% of the recommended dietary intake for folic acid in an easy to swallow tablet.

## FUNCTIONS

Folic acid is a water-soluble essential B vitamin found in many foods, including leafy green vegetables, citrus fruits, and beans. Research has established that supplementation with folic acid before and during the first two months of pregnancy can prevent neural tube defects in developing fetuses in women. The U.S. Public Health Service has recommended that women of childbearing age take a supplement containing 400 mcg of folic acid every day to reduce the risk of a pregnancy affected by neural tube defects.

In addition to its prevention of serious birth defects, folic acid plays a key role in the metabolism of homocysteine. Homocysteine is a sulfur containing amino acid that is created in the body from methionine, an essential amino acid derived solely from dietary intake. High plasma levels of homocysteine appear to injure the vasculature, impairing the functional abilities of endothelial and smooth muscle cells. Elevated homocysteine also appears to be thrombogenic. Suboptimal intake of several B vitamins, including folic acid, in addition to renal failure and genetic defects in homocysteine metabolism, can all contribute to abnormal homocysteine levels.

## INDICATIONS

Folic Acid 800 mcg may be a useful dietary supplement for individuals wishing to supplement their diet with this essential vitamin.

## FORMULA (WW #10063)

### 1 Tablet Contains:

Folic Acid .....800 mcg  
Vitamin B-12 .....25 mcg  
(as cyanocobalamin)

Other Ingredients: magnesium stearate, cellulose, vegetable stearin, dicalcium phosphate, and silica.

This product contains NO added sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.

## SUGGESTED USE

As a dietary supplement, adults take one (1) tablet daily with meals, or as directed by a healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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- Green R, Miller JW. Folate deficiency beyond megaloblastic anemia: hyperhomocysteinemia and other manifestations of dysfunctional folate status. *Semin Hematol* 1999;36:47-64.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.