

# Folic Acid

*Nature's Harmony® Folic Acid is a yeast-free, vegetarian formula in a 1 mg dose. Folic Acid (vitamin B9 or folate) is part of the water-soluble vitamin B-complex that helps the body create healthy cells. It is essential for the synthesis of DNA and RNA, the genetic material of all cells.*

PRODUCT CODE: 400583

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps to maintain good health. Helps to produce red blood cells. Helps to reduce the risk of neural tube defects when taken prior to becoming pregnant and during early pregnancy.	Tablet	Take 1 tablet daily or as directed by a health care practitioner. For best absorption, take between meals.

## DESCRIPTION:

Folic acid aids in the production of DNA and RNA, the body's genetic material, and is especially important during periods of high growth, such as infancy, adolescence and pregnancy. Folic acid also works closely together with vitamin B12 to regulate the formation of red blood cells and to help iron function properly in the body. It is involved in the production of neurotransmitters, including serotonin and dopamine, that regulate brain functions such as mood, sleep and appetite.

**Recommended Daily Allowance:** Specific recommendations depend on age, gender and other factors (such as pregnancy).

**Food Sources:** Liver, brewer's yeast, dark green leafy vegetables, dried beans, green vegetables, oranges, avocados, whole wheat products.

**Causes of Deficiency:** Diets low in vegetables, frequent alcohol and prescription drug use, prolonged stress, viral infections, chronic liver disease, pregnancy, breastfeeding, use of oral contraceptives.

**Symptoms of Deficiency:** Diarrhea, loss of appetite, weight loss, weakness, sore tongue, headaches, heart palpitations, irritability. Anemia is a sign of advanced folate deficiency. In infants and children, folate deficiency can slow growth rate.

**Complementary Nutrients:** Folic acid requires vitamin B12, niacin and vitamin C to be converted to its biologically active form. High vitamin C intake can increase folic acid excretion.

## HOW IT WORKS:

Folic acid is absorbed from the small intestine and is primarily stored in the liver. The amount stored may last for about four months before symptoms of deficiency develop. Some forms of folate are broken down in the intestine before absorption. The amount of folic acid absorbed from food depends on the source. It works together with vitamins B-12 and C to help the body digest and utilize proteins and to synthesize new proteins when they are needed. It is necessary for the production of red blood cells and for the synthesis of DNA (which controls heredity and is used to guide the cells in their daily activities).

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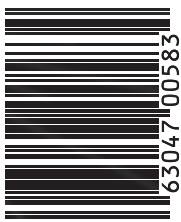
## RESEARCH:

There is strong scientific evidence indicating that folic acid can protect against neural tube birth defects. Women with low plasma folate and vitamin B12 concentrations are at significantly increased risk of giving birth to babies with neural tube defects, as well as some other birth defects. Some studies show that folic acid might help prevent heart disease, stroke, some cancers and possibly Alzheimer's disease.

## SIDE EFFECTS:

Folic acid is generally well tolerated. In large doses (5–10 mg/day), it may cause increased flatulence, nausea and loss of appetite. Toxicity from excessive folic acid intake does not normally occur, as folic acid is water soluble and regularly excreted by the body.

## LABEL:

 <p><b>Acide folique</b> 1 mg Formule végétarienne</p> <p><b>90 comprimés</b> NPN 80002353</p>	<p><b>Usage recommandé:</b> Aide à maintenir une bonne santé. Aide à la production de globules rouges. Aide à réduire les risques de malformations du tube neural lorsqu'il est pris quotidiennement avant ou dès le début de la grossesse.</p> <p><b>Dose recommandée (adultes âgés de 19 ans et plus):</b> Prendre 1 comprimé par jour.</p> <p><b>Ingrédient médicamenteux:</b> Chaque comprimé contient: Folate (acide folique) ..... 1 mg</p> <p><b>Ingrédients non médicinaux:</b> cellulose, phosphate dicalcique, croscarmellose sodique, stéarate de magnésium, dioxyde de silicium, hypromellose, glycérine.</p> <p>Ce produit ne contient pas de maïs, ingrédients laitiers, oeuf, gluten, crustacés, soya, sulfites, dérivés d'origine animale ou colorants, arômes ou agents de conservation artificiels.</p> <p><b>RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTEE DES ENFANTS.</b></p>	 <p><b>Folic Acid</b> 1 mg Vegetarian Formula</p> <p><b>90 Tablets</b> NPN 80002353</p> <p><b>Recommended Use:</b> Helps to maintain good health. Helps to produce red blood cells. Helps to reduce the risk of neural tube defects when taken prior to becoming pregnant and during early pregnancy.</p> <p><b>Recommended Dose (Adults 19 years and older):</b> Take 1 tablet daily.</p> <p><b>Medicinal Ingredient:</b> Each tablet contains: Folate (Folic Acid) ..... 1 mg</p> <p><b>Non-medicinal Ingredients:</b> Cellulose, dicalcium phosphate, croscarmellose sodium, magnesium stearate, silicon dioxide, hypromellose, glycerin.</p> <p>This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, animal derivatives, or artificial colours, flavours or preservatives.</p> <p><b>STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</b></p>	<p>DO NOT USE IF SEAL UNDER CAP IS BROKEN NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.</p> <p><a href="http://www.naturesharmony.com">www.naturesharmony.com</a> 1-877-929-2548</p> <p>SunOpta Inc. &amp; Commerce Crescent Acton, ON L7J 2K3</p> <p>A Proud Canadian Company Une compagnie canadienne fière de l'être.</p>  <p>40069301-08</p>
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## DID YOU KNOW...

*Women who are attempting to become pregnant should take at least 0.4 to 0.8 milligrams of folic acid a day. Adequate folic acid intake reduces the risk of neural tube defects (birth defects caused by incomplete development of the brain or spinal cord, such as spina bifida.)*