



# Folic Acid

## INTRODUCED 1992

### What Is It?

Folic acid, is a water-soluble B vitamin that converts in the body to the coenzyme tetrahydrofolic acid (THFA) by accepting and donating single carbon groups. This is referred to as “one-carbon metabolism”, a vital step in the process of DNA formation. THFA is involved in a number of additional key metabolic reactions. It supports the healthy metabolism of amino acids, particularly the conversion of homocysteine to methionine. Furthermore, folic acid functions with vitamin B<sub>12</sub> and ascorbic acid in the breakdown and utilization of proteins.\*

### Uses For Folic Acid

**Healthy Fetal Neural Development:** Folic acid is an integral factor involved in the formation of nucleic acids and the production of healthy DNA and chromosomes. In particular, this B vitamin is critical for the proper neural and cellular development of the fetal central nervous system. Folic acid promotes healthy cellular differentiation during the formation of the brain and spinal cord, helping to prevent neural tube defects. Additionally, folic acid is important for the growth and reproduction of red and white blood cells.\*†

**Healthy Homocysteine Metabolism:** Folic acid helps to support healthy homocysteine metabolism, primarily in conjunction with vitamins B<sub>12</sub> and B<sub>6</sub>.\*

### What Is The Source?

Pure Encapsulations folic acid is synthetically produced. Hypo-allergenic plant fiber is derived from pine cellulose.

### Recommendations

Pure Encapsulations recommends one capsule per day, with a meal. One capsule provides the recommended dose for pregnant and lactating women.

### Are There Any Potential Side Effects Or Precautions?

Folic acid supplementation may mask vitamin B<sub>12</sub> deficiency; however this usually occurs at doses of 1000 mcg or higher. If pregnant or lactating, consult your physician before taking this product.

### Are There Any Potential Drug Interactions?

Folic acid may adversely interact with chemotherapeutic drugs.

#### Folic Acid

each vegetable capsule contains  v 3

folic acid..... 800 mcg\*\*  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

\*\*Provides the recommended dose for pregnant or lactating women.

1 capsule per day, with a meal.

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

For educational purposes only. Consult your physician for any health problems.