

Folic Acid 400µg

Presentation

A small, round beige speckled tablet.

Each tablet delivers:

Folic Acid 400µg

Tableted with:

DiCalcium Phosphate, Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate).

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
100

type
tablets

code
8071



Uses

Folic acid plays an essential role in cell multiplication and is critical in DNA and RNA formation, and is therefore especially important in foetal development. It is now widely accepted and established that lack of folate during the first trimester of pregnancy increases the risk of neural tube defects in the developing baby. Folic acid is also known to play an important part in the body's regulation of homocysteine, the amino-acid like compound that is implicated in the damage that occurs to the lining of blood vessel walls that can then lead to the build up of plaques.

Folic acid is a water soluble vitamin which the body can not store for long. Good food sources include green vegetables and whole grains. However cooking and storage can deplete the levels in food and currently 47% of women fail to consume the NRV of 200µg/day, which is why supplementation is recommended. Bioavailability studies indicate that folic acid supplements are well absorbed and are a reliable way to guard against dietary deficiencies.

This product provides 400µg of folic acid which is up to 3 times the level supplied by many people's diets, and the level that is increasingly recommended.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

None known at the recommended usage.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

