Folic Acid 400 mcg

DESCRIPTION
Folic Acid 400 mcg, provided by Douglas Laboratories, supplies 100% 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 400 mcg may be a useful dietary supplement for individuals wishing to supplement their diet with this essential vitamin.

FORMULA (#80546)
1 Tablet Contains:
Folic Acid 400mcg

SUGGESTED USE
Adults take 1 tablet daily with meals or as directed by physician.

SIDE EFFECTS
No adverse side effects have been reported.

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

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REFERENCES

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For more information on Folic Acid 400 mcg visit douglaslabs.com

† 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.

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**You trust Douglas Laboratories.
Your patients trust you.**