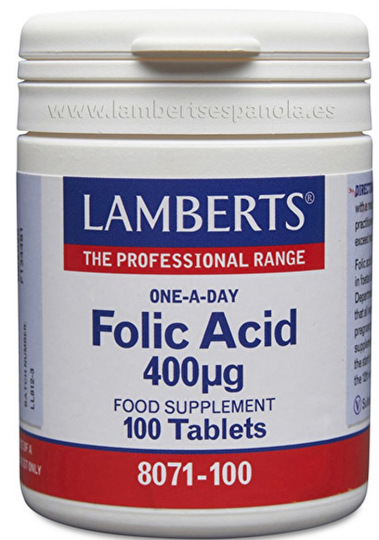


Folic Acid 100 Tablets

EAN: 5055148400231 FABRICANTE: LAMBERTS



Folic Acid supports normal amino acid synthesis, blood cell formation and more during pregnancy.

DESCRIPTION

Folic acid is a water-soluble vitamin that was first identified in the 1940s when it was extracted from spinach. Its main sources are green leafy vegetables and whole grains. However, cooking and storage can reduce its levels in foods.

The body cannot store folic acid long-term, and it plays an essential role in cell multiplication and is essential for the formation of DNA and RNA, which is why it is especially important in fetal development.

It is now widely accepted and established that a lack of folate during the first trimester of pregnancy increases the risk of neural tube defects in the developing baby. The Department of Health and EC Regulation No 113572014 now recommend that all women planning a pregnancy, as well as in the first 3 months of pregnancy, take a supplement of 400 micrograms of folic acid every day. This is good advice as official data shows that 47% of women have the recommended daily intake below the RNI of 200µg per day. *Supplemental folate intake increases maternal folate status. Low maternal folate is a risk factor for neural tube defects in the developing fetus.*

Bioavailability studies indicate that folic acid supplements are well absorbed and are a safe way to prevent dietary deficiencies. This nutrient also contributes to the process of cell division, normal amino acid synthesis and normal psychological function.

It also contributes to the normal metabolism of homocysteine, which is a compound involved in the formation of plaques on the walls of blood vessels; therefore, folic acid is an important nutrient in the diet of all adults, not only during pregnancy. This is a good reason to support our diet with green leafy vegetables, a rich source of this important nutrient since the body cannot store folic acid in the long term.

This product provides 400 µg of folic acid, which is three times the level found in many diets and is the level that is increasingly recommended.

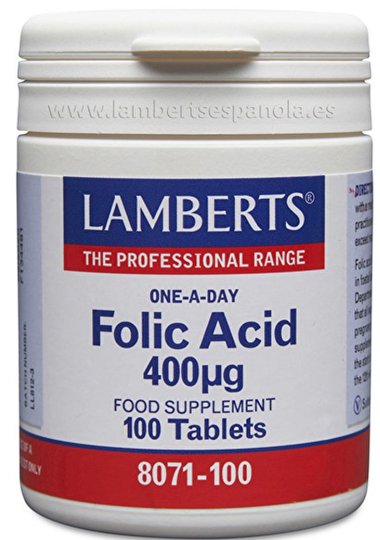
Folic acid also contributes to the normal function of the immune system and to the reduction of tiredness and fatigue.

Each tablet provides:



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Folic Acid 400 ?g

Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

Precautions

A high intake of folic acid can mask the symptoms of a vitamin B12 deficiency (pernicious anemia).

Instructions for use

Take 1 tablet daily with a meal.

Do not exceed the expressly recommended daily dose.

