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ESSENTIALS

# FOLIC ACID

Contributes to maternal tissue growth to reduce the risk of neural tube defects.

## Nutritional Information

One Tablet provides:

		*%NRV
Folacin (Folic Acid)	400 µg	200

\*NRV = Nutrient Reference Values

Take one tablet daily with a meal. Swallow with water.



## SUMMARY

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- 400 µg as recommended by government officials for women of reproductive age.
- Required for the production of energy
- Required for normal red blood cell formation.
- Required for normal homocysteine levels.

## DESCRIPTION

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Folate (folic acid) contributes to maternal tissue growth during pregnancy to reduce the risk of neural tube defects and has a role in body cell division and blood formation. Supplemental folic acid intake increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing foetus. It also supports immune function and may help reduce tiredness and fatigue. Women who are planning or in the early stages of pregnancy, are advised to take 400 µg of folic acid as a supplement daily to ensure a dietary intake.

## WHY IS FOLIC ACID REQUIRED FOR WOMEN?

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**Development of foetal tissue:** Folic acid plays a vital role in the development of the foetal neural tube at the first stages of development after conception, often before a woman is aware she is pregnant. This neural tube becomes the brain and spinal cord. Without enough folic acid, the spinal cord and brain do not develop properly.

**Official recommendations:** The majority of countries worldwide recommend 400 µg daily for pregnant woman up until the 12th week of pregnancy and for those planning a pregnancy or at risk of becoming pregnant<sup>1</sup>.

**Spina bifida:** Spina bifida is a common neural tube defect that can occur due a deficiency in folate. This is when the cells in the spinal cord does not develop properly and the neural tube do not close. This leads to an exposure of the nerves usually inside the spinal cord growing outside of the spinal cord causing, neurological damage and disability.

**Anencephaly:** Another type of neural tube defect is anencephaly. This is where the brain and skull do not form properly and results in part of the brain being absent.

**Cleft lip:** Due to its role in cell formation, folic acid supplementation during pregnancy and periconceptually decreases the risk of cleft lip, where the top lip does not form properly<sup>2</sup>.

**Other pregnancy complications:** Placental infarction (death of placental cells), or placental abruption (when the placenta separates from the uterus before birth), recurrent pregnancy loss and pre-eclampsia are linked to inadequate folate intake or abnormalities with methylation and homocysteine metabolism<sup>3</sup>.

## ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING FOLIC ACID 400 µg?

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This product is intended exclusively for adults and is not recommended for children.

## FEATURES

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- 400 µg as recommended by government officials for women of reproductive age.
- Required for the production of energy
- Required for normal red blood cell formation.
- Required for normal homocysteine levels.
- Suitable for vegans
- Gluten free
- Dairy free

## HEALTH NEEDS

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WOMEN'S  
HEALTH



PREGNANCY &  
FERTILITY

## SCIENTIFIC REFERENCES

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1. Public Health Nutr. 2016 Jan;19(1):176-89
2. BMJ 2007; 334
3. Placenta Volume 20, Issue 7, September 1999, Pages 519-529

