



Folic Acid USP Spray

- 1oz (175 servings)
- 800 mcg of Pure Folic Acid USP per spray

Folic Acid: What is it?

Folic acid, also known as Folate is a B vitamin needed for cell replication, growth, and the maintenance of cells.¹ Folic acid helps form building blocks of DNA (the body's genetic information) and building blocks of RNA (needed for protein synthesis in all cells). Folic acid also helps prevent changes to DNA that may lead to cancer.² Therefore, rapidly growing tissues, such as those of a fetus, and rapidly regenerating cells, like red blood cells and immune cells, have a high need for folic acid.

What are some common signs and symptoms of folate deficiency?

Folate deficient women who become pregnant are at greater risk of giving birth to low birth weight, premature, and/or infants with neural tube defects. Folic acid can prevent Spina Bifida, which is why the FDA suggests that women of child-bearing age should include supplemental folic acid in their diet. Folic acid deficiency can also slow the overall growth rate in infants and children. In adults, a particular type of anemia can result from long-term folic acid deficiency. Other signs of folate deficiency are often subtle. Digestive disorders such as diarrhea, loss of appetite, and weight loss can occur, as can weakness, sore tongue, headaches, heart palpitations, irritability, forgetfulness, and behavioral disorders.

Folic acid produces many health benefits. As one of the B Vitamins, Folic acid acts as a co-enzyme in the formation of red blood cells and nucleic acid. It plays a role in the breakdown and utilization of protein. In addition, Folic acid aids in the performance of the liver along with mental and emotional health. Both adults and children need Folic acid to make normal red blood cells and prevent anemia³. Folic acid is also essential for the metabolism of homocysteine, and helps maintain regular levels of this sulfur-containing amino acid. Lowering the serum concentration of homocysteine has been proven to reduce the risk of adverse cardiovascular events among people with homocystinuria. In addition, *The Journal of the American Medical Association* says that folic acid can also prevent atherosclerosis caused by hyperhomocysteinemia.

¹ Kamen B. et al. Folate and antifolate pharmacology. *Semin Oncol* 1997;24:S18-30-S18-39.

² Fenech M, et al. Aitken C, Rinaldi J. Folate, vitamin B12, homocysteine status and DNA damage in young Australian adults. *Carcinogenesis* 1998;19:1163-71.

³ Zittoun J. et al. Anemias due to disorder of folate, vitamin B12 and transcobalamin metabolism. *Rev Prat* 1993;43:1358-63.

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