

Folic Acid Powder

30 grams

Item Catalog Number: 00148

Folic acid (folate) is a member of the B-complex family. It is found in abundance in leafy green vegetables, but is often deficient in the standard American diet. Folic acid participates in a coenzyme reaction that synthesizes DNA needed for cell growth and new cell formation, and helps convert vitamin B12 to one of its coenzyme forms.¹³⁵⁻¹³⁷

Folic acid provides the following health benefits:

- Helps promote healthy DNA function¹³⁸
- Maintains already normal homocysteine levels, which is important for heart health¹³⁹⁻¹⁴²
- Participates in the utilization of sugar and carbohydrates¹⁴³
- Promotes healthier skin¹³⁵
- Helps maintain a healthy GI tract¹⁴⁴
- Maintains healthy endothelial function¹⁴⁵
- Improves mild memory problems associated with aging¹⁴⁶

A deficiency of folate can result in impaired cell division and protein synthesis. With diminished replacement of healthy red blood cells and intestinal cells, a decline in GI tract function can ensue. The systemic need for folate increases in certain states in which increased cell multiplication is needed. Chronic use of medications such as aspirin and antacids can interfere with the natural synthesis of folate.¹⁴⁷

References

Supplement Facts

Serving Size 1 level scoop (approx. 0.64 grams)

Servings per container: 46

Amount Per Serving

Folate (as folic acid)

800 mcg

Other ingredients: maltodextrin.

Contains corn. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- One scoop supplying 800 mcg daily is suggested for healthy people.
- People with absorption problems may need 800-1600 mcg daily.
- This product is best utilized when taken with meals.

Note

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect. Women of childbearing age should consume 800 mcg of folate daily. Folate intake should not exceed 250% of the DV (1,000 mcg.)

Caution

Since folic acid can mask the most obvious effect of a vitamin B12 deficiency, the Life Extension Foundation Buyers Club offers only folic acid capsules that contain vitamin B12, and those taking folic acid powder are advised to add vitamin B12 powder to their daily folic acid supplement.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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