

## Folic Acid & Vitamin B12 Caps

### 200 capsules

Item Catalog Number: 00347



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.<sup>135-137</sup>

Folic acid provides the following health benefits:

- Helps promote healthy DNA function<sup>138</sup>
- Maintains already normal homocysteine levels, which is important for heart health<sup>139-142</sup>
- Participates in the utilization of sugar and carbohydrates<sup>143</sup>
- Promotes healthier skin<sup>135</sup>
- Helps maintain a healthy GI tract<sup>144</sup>
- Maintains healthy endothelial function<sup>145</sup>
- Improves mild memory problems associated with aging<sup>146</sup>

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.<sup>147</sup>

## References

### Supplement Facts

Serving Size 1 capsule

Servings Per Container 200

### Amount Per Serving

Folic Acid 800 mcg

Vitamin B12 300 mcg

Other ingredients: rice flour, gelatin, water, beet root powder.

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

### Dosage and Use

- Take one capsule daily with or without food, or as recommended by a healthcare practitioner.

### 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.

## 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.)

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