

# Product Information Sheet



Vitamins, Minerals and Multis

## **Folic Acid 800µg**

**V Ve**

### **Single Nutrient Supplement**

Folic acid is one of the water soluble vitamins found in B complex and is necessary for cell replication and growth. Folic acid is essential for DNA and RNA synthesis, and is therefore critical for cell division and differentiation and for protein synthesis. Folic acid is especially important for foetal development in the first 8-12 weeks of pregnancy.

### **Ingredients:**

#### **Each tablet typically contains:**

Folic acid

800 µg

### **Tableted with:**

Croscarmellose

Dicalcium phosphate

Magnesium stearate

Stearic acid

### **Features:**

Folic acid is essential for the growth, replication and differentiation of all the cells in the body through its essential role in DNA synthesis.

Folic acid is essential for all protein synthesis through its essential role in RNA synthesis.

Essential for all methylation reactions, folic acid is necessary for neurotransmitter synthesis, nerve myelination, protein synthesis, metabolic clearing and carnitine synthesis.

### **Recommendation:**

1 tablet daily with food, or as directed.

### **Caution:**

For most individuals folic acid is completely non-toxic. Patients using methotrexate as cancer or rheumatoid arthritis therapy should only use additional folic acid on the advice of a medical doctor.

### **Product Code:**

5577

### **Package Size:**

90