



## Folic Acid, 800 mcg

Supplement Facts		
<b>Serving Size: 1 Tablet</b>		
<b>Servings per Container: 250</b>		
	Amount per Serving:	DV%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%
* Percent Daily Values are based on 2,000 calorie diet.		
<b>Serving Size:</b> 1 Tablet		
<b>Suggested Use:</b> As a dietary supplement, take one tablet daily, preferably with meals.		
<b>Not manufactured with</b> wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients		
<b>Other Ingredients:</b> Cellulose, stearic acid (vegetable source) and magnesium stearate (vegetable source)		

For more information or to purchase, visit [www.prologhealth.com](http://www.prologhealth.com)

## **The Scientific Basis:**

Folic acid, necessary for normal DNA/RNA and cellular development, also helps prevent most cases of neural tube defects (NTDs). NTDs are a common group of disorders affecting approximately 300,000 infants worldwide on an annual basis. These defects involve an opening in the spinal cord or brain. Specific types include: spina bifida with incomplete closure of the spine and membranes around the spinal cord. (Usually found in the lower back, there are three main types: occult, involving the spinal cord membranes and involving both the membranes and the spinal cord.); encephalocele, which affects the skull; anencephaly which results in little to no viable brain tissue; and the rare iniencephaly, which results in brain-spinal cord fusion and severe neck abnormalities.

The neural tube is a continuous tube of cells that forms along the dorsum of the fetus within the first three weeks of development and openings that remain in the neural tube after 28 days result in NTDs. Due to the very early nature of these fetal defects and due to the fact that approximately 50% of all pregnancies are not planned, the United States Preventive Services Task Force recommends the folic acid supplementation for all women able to become pregnant.

It is appropriate that all women of reproductive age take at least 400 micrograms (mcg) of folic acid on a daily basis, optimally one month prior to conception and continuing at least throughout the first trimester of pregnancy.

Various studies have shown that taking doses up to 4,000 micrograms at least four weeks prior to and during the first twelve weeks of pregnancy may be beneficial for women with a history of having a baby with NTD. The correct dosage for the individual, however, should be discussed with one's health care provider.

Folic acid may also reduce the risk of other defects, such as cleft lip, cleft palate, and certain heart defects. Further, supplemental folic acid may even lower the risk of preeclampsia.

Symptoms of folate deficiency are often non-specific, insidious in onset, and include fatigue, weakness, poor appetite, weight loss, headaches, heart palpitations, changes in skin or hair color, tongue sores, and neurological and behavioral disorders. Folate deficiency anemia (macrocytic, megaloblastic anemia) is often a later finding in the disease process.

Certain conditions and medications have been associated with folate deficiency, either due to insufficient intake of folic acid or to increased use or excretion of this vitamin. Medical conditions associated with folate deficiency include but are not limited to poor diet, tobacco usage, alcoholism, vitamin B 12 deficiency, small bowel inflammatory or malabsorption diseases (e.g., Crohn's disease or celiac disease), chronic kidney disease and liver disease. Medications that can alter normal folic acid metabolism include anti-seizure medications (e.g., carbamazepine, phenytoin, and valproate), birth control pills, metformin, methotrexate, sulfasalazine, and triamterene.

Some supplements may have side effects, may affect underlying medical conditions, or may interact with prescription medications. Therefore, Prolog Health vitamins and supplements are recommended for use under the direct supervision of your physician.

**Disclaimer:** None of the above statements have been evaluated by the United States Food and Drug Administration (FDA). These products are not intended to diagnose, treat, cure or prevent any disease. Please consult your health care professional before taking any and all supplements. Individual results may vary.

**Every Prolog Health product exceeds the standards and requirements set forth in the FDA's Code of Federal Regulation (21 CFR, 111) Current Good Manufacturing Practices (CGMP).**

**All products are made in the USA, with all ingredients from the USA.**