

Title:

Benefits of Folic Acid

Word Count:

657

Summary:

The article 'Benefits of Folic Acid' tells about different properties of folic acid and its im

Keywords:

folic acid, heart disease, cancer, role of folic acid, folic acid deficiency

Article Body:

Introduction:

Folic acid, a water soluble B vitamin, occurs naturally in food and can also be taken as food

Folic acid deficiency and diseases:

Folic acid deficiency may cause various disorders. Some of these are highlighted below.

- Folic acid deficiency may cause weakness, poor growth, graying hair, inflammation of t
- Folic acid deficiency is also associated with common stomach disorders including diarr
- Folic acid deficiency in pregnant women may cause premature delivery, low birth weight
- Anemia is sometimes associated with the advance stage of folic acid deficiency.
- You may need increased folic acid intake if you are anemic, have kidney or liver disea
- The maximum folic acid intake should be limited to 1000 micro grams per day or as dire
- Some other medications may interact with folic acid includes medicines for epilepsy, m
- If you are 50 years of age, you should carry out your vitamin B 12 level before taking

Folic acid benefits:

Role of folic acid during pregnancy:

Neural tube defects (NTD s) is a major defect of brain and spine in babies causing damage to t

Anencephaly (brain problem) and up to 70% of these NTD s can be prevented by taking enough fol

A woman is likely to be at higher risk to deliver a NTD s affected baby if she has a previous

Every woman, who is likely to become pregnant, should take 400 micro grams of folic acid every

Spina Bifida and Anencephaly disorders: Spina bifida is a spine disorder and part of spine at

Anencephaly is a brain disorder and part of the brain skull bones may not form in babies. Most

Role of folic acid and heart disease:

Low concentration of folic acid may increase the amino acid homocysteine in the blood levels a

Role of folic acid and cancer:

Folic acid is one of the essential elements involved in the synthesis of DNA and its deficienc

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