



Folic acid can be obtained by consuming a healthy, balanced diet consisting of animal organ meats, whole grains, citrus fruits and juices, legumes, egg yolks, and the foliage of dark green, leafy vegetables. However, scientific studies confirm that many people from all age groups and lifestyles lack adequate amounts of folic acid in their daily diets. Folic Acid B₁₂ provides the body with proper amounts of folic acid, which helps prevent the development of neural tube defects during pregnancy, keep the heart healthy, and maintain normal cell division.*

At our office, we believe that given the proper nutrition, your body has amazing capabilities of healing itself. We also believe that nutrition should be individualized to meet each patient's needs.

For these reasons and many more, we proudly recommend Standard Process whole food supplements.

The Benefits of Folic Acid



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How Folic Acid Keeps You Healthy

Reduces the Risk of Neural Tube Defects

Neural tube defects (NTDs) occur in approximately six out of every ten thousand live births in the United States annually. NTDs are serious birth defects involving the brain or spinal cord that can result in infant mortality or serious disability. Because the neural tube forms during the first month of pregnancy, defects can occur before a woman is aware she is pregnant. The recommended daily intake of folic acid is 400 mcg. This amount of folic acid has been shown to reduce a woman's risk of having a child with brain or spinal cord birth defects. Folic acid (folate) intake should not exceed 250% of the daily value (1,000 mcg).*



Maintains a Healthy Heart

Folic acid helps maintain healthy levels of homocysteine in the blood. Homocysteine, an amino acid, plays a significant role in heart health.*

Maintains Healthy Cells

Folic acid supports the healthy structure and function of cells. Folic acid is important to cell division and the synthesis of DNA.*



Unique Ingredients Working Together

When choosing a folic acid supplement, it is important to look at the ingredients. Folic Acid B₁₂ from Standard Process contains more than what its name states. It is comprised of whole foods and animal tissues and concentrates that work together, providing additional vitamins, minerals, and other nutrients needed for optimum health. Folic Acid B₁₂ contains ingredients that are crucial for the absorption of folic acid and vitamin B₁₂. By working closely with your health care professional, you will learn about the benefits and the uniqueness of whole food supplements.

