



# Folic Acid Liquid

## What Is It?

Folate, or folic acid, is a water-soluble B vitamin that converts in the body to the coenzyme tetrahydrofolic acid (THFA) by accepting and donating single carbon groups. This is referred to as "one-carbon metabolism", a vital step in the process of DNA formation. THFA is involved in a number of additional key metabolic reactions. It supports the healthy metabolism of amino acids, particularly the conversion of homocysteine to methionine. Furthermore, folic acid functions with vitamin B<sub>12</sub> and ascorbic acid in the breakdown and utilization of proteins.\*

## Uses For Folic Acid Liquid

**Healthy Fetal Neural Development:** Folic acid is an integral factor involved in the formation of nucleic acids and the production of healthy DNA and chromosomes. In particular, this B vitamin is critical for the proper neural and cellular development of the fetal central nervous system. Folic acid promotes healthy cellular differentiation during the formation of the brain and spinal cord, helping to prevent neural tube defects. Additionally, folic acid is important for the growth and reproduction of red and white blood cells.\*†

**Healthy Homocysteine Metabolism:** Folic acid helps to support healthy homocysteine metabolism, primarily in conjunction with vitamins B<sub>12</sub> and B<sub>6</sub>.\*

**Supports Healthy Gums:** Two clinical studies reported that when small amounts are swished around in the mouth, liquid folic acid may be supportive of healthy gingival tissue.\*

## What Is The Source?

Pure Encapsulations Folic Acid Liquid is synthetically produced. The glycerol is derived from palm oil.

## Recommendations

Pure Encapsulations recommends placing drops (as directed by your physician) in water. To support healthy gum tissue, the solution can be swished in the mouth and ingested.

## Are There Any Potential Side Effects Or Precautions?

Folic acid supplementation may mask vitamin B<sub>12</sub> deficiency; however this usually occurs at doses of 1000 mcg or higher. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Folic acid may adversely interact with chemotherapeutic drugs.

### Folic Acid Liquid

#### five drops contain

folic acid .....800 mcg.\*\*  
in distilled water (70%) and glycerol (30%)

\*\*Provides the recommended dose for pregnant or lactating women.

Place drops (as directed by your physician) in water.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.