

FOLIC ACID

A SUPER VITAMIN SUPPORTING STRONG AND HEALTHY WOMEN.

WHAT IS FOLIC ACID?

Folic acid is a form of folate, which is a B-vitamin that helps our bodies make new cells. The Centers for Disease Control and Prevention (CDC) recommends all women capable of becoming pregnant get 400 micrograms (mcg) of folic acid every day.

Folic acid promotes healthy cell growth and can help your hair and nails grow. And, when you are ready to have a baby, taking folic acid before and during early pregnancy can help prevent neural tube defects (NTDs). NTDs are severe birth defects of the brain and spine.



HOW DO I GET ENOUGH FOLIC ACID?

Multivitamins:

Taking a multivitamin with 400 mcg of folic acid daily.

Fortified foods:

Eating foods that have been fortified with folic acid, such as: enriched breakfast cereal, enriched pasta, enriched bread.

Folate-rich foods:

Eating foods that are naturally high in folate, such as dark leafy vegetables, eggs, beans, legumes.

FOLIC ACID VS. FOLATE – WHAT IS THE DIFFERENCE?

The terms folic acid and folate are sometimes used interchangeably. Folic acid is a form of folate. Folic acid is more stable than folates found naturally in foods.

HOW DO I CHOOSE THE RIGHT MULTIVITAMIN?



Look for vitamins that say “(400 mcg Folic Acid)” on the label in parenthesis.



Vitamins with other forms of folate might not work as well as folic acid.



There are many different brands of multivitamins that contain 400 mcg of folic acid.

FOLIC ACID EFFECTIVENESS

- Multiple trials have found folic acid to be safe and effective at the recommended amounts.
- Some people may have concerns about unmetabolized folic acid. Unmetabolized folic acid is folic acid that is not used by the body and remains circulating in the blood stream. However, no confirmed health risks from unmetabolized folic acid have been found.

References: CDC. (2024, May 15). About Folic Acid. Folic Acid. [cdc.gov/folic-acid/about/index.html](https://www.cdc.gov/folic-acid/about/index.html)

CHECK OUT OUR FOLIC ACID VIDEO AT: bit.ly/4g3d07r

LEARN MORE ABOUT THE BENEFITS OF FOLIC ACID AT: DSHS.TEXAS.GOV/FOLICACID



TEXAS
Health and Human
Services

Texas Department of State
Health Services