

# Folic acid

- Folic Acid is a B vitamin, specifically B9. it also water soluble vitamin ,Folic acid, sometimes called folate
- It is an essential nutrient required by the body to create healthy new cells. While we hear about it mostly in regards to pregnancy,
- . Folic acid is essential for the body to create red blood cells which in turn prevents anemia.
- It is also plays an important role in the metabolism of homocysteine, an amino acid.

## Cont.

- within the first trimester of pregnancy, should be given folic acid supplementation for improving the foetal neural tissue growth.

### **The recommended dietary allowance (RDA)**

- the woman be given 5 mg of folic acid, once a day, till 12 weeks of pregnancy. After that, she is to be advised a combination of Iron and Folic Acid (IFA)
- for all men and women 14 and older is 400 mcg.

# folic acid deficiency disorder

- serious neural tube defect ( incomplete development of the brain and spinal cord) **spina bifida**, **anencephaly**, s. **encephalocele**,
- B9 deficiency anaemia occurs when lack of folate causes the body to produce abnormally large red blood cells that cannot function properly. Common symptoms of B9 deficiency tiredness, having little energy (lethargy), feeling faint , breathless. headaches, palpitations, sore and red tongue ,mouth ulcers ,muscle weakness
- disturbed vision
- Birth defect . arthritis ,growth problem ,
- the risk of diabetes-associated congenital disabilities and autism.