

Folic Acid Plus

DIN 02237837, 90 tablets, Dietary Vitamin supplement, Stock No. 1585-8

Folic acid is member of the B-complex family of vitamins.

Researchers have long known that a diet short on folic acid can lead to anemia, fatigue, paleness, loss of appetite, forgetfulness, confusion and irritability. And newer studies suggest possible additional risks, including heart disease, cancer and birth defects.

Folic acid is essential for human health, especially for the developing fetus.

Considered a brain food, it is needed for energy production and the formation of red blood cells.

Did you know?

Nutrition experts think that too little folic acid could be the number one nutritional deficiency among North Americans. This is particularly true for teens who too often live on fast food that's devoid of vitamins.

NSP Advantage

90 tablets. Vitamin Supplement.

Ingredients: 400 mcg of folic acid and 120 mg of vitamin C per tablet.

Other ingredients: modified cellulose, dicalcium phosphate, bee pollen, magnesium stearate.

Recommendation: Take one or two tablets daily with a meal. For best results, take with Vitamin B-complex.

Features & Benefits

- It is important for pregnant women and women planning pregnancy to receive 800 mcg of folic acid per day
- Folic acid has been shown to lower the risk of birth defects, particularly neural tube birth defects
- Helps prevent and ward off anemia along with vitamin B12.
- Folic acid helps reduce levels of homocysteine in the blood. Increased homocysteine levels have been associated with increased risk of cardiovascular disease.
- Bee pollen contains B-complex which may improve the assimilation of folic acid.