

Excellent way to get your vitamin B9 folic acid

- HELPS PREVENT BIRTH DEFECTS
- REDUCES HOMOCYSTEINE FOR A HEALTHY HEART



Manufacturers of grain-based foods will be required to fortify their products with folic acid, a vitamin B also known as folate. Although this is primarily designed to prevent birth defects, folic acid may also reduce the amount of homocysteine in your blood. Too much homocysteine can double your risk of heart attack, stroke or peripheral vascular disease (loss of circulation in hands and feet).

Where is it?

Folic acid is vital for cell growth and function, and for the synthesis of DNA, the building blocks of your genetic code. You'll find folic acid in beans, nuts, seeds, liver, dark green, and leafy vegetables such as spinach, and also citrus fruits.

Half of all Canadians don't get the RDA of folic acid – besides, many researchers believe that this may not be enough. It could take as much as 400 mcg a day to keep homocysteine levels low as well as prevent neural tube defects (NTD) in babies. Experts believe that if women who are planning to become pregnant took 400 mcg of folic acid a day, half of all NTD's could be eliminated.

The homocysteine connection

Usually, excess homocysteine is processed by your liver and turned into an amino acid you do need, or it's broken down to be excreted. This conversion is accomplished with the help of folic acid and vitamins B₆ and B₁₂. If you're not getting enough of these vitamins and eliminating excess homocysteine, your level builds up. Some NTD's may be the result of a folic acid deficiency. Evidence comes from the recent discovery of a mutation of the gene that controls the homocysteine clean-up process. People with that gene defect have high homocysteine levels and are at greater risk of having babies with NTD's.

The heart

Too much homocysteine may damage your arterial walls, allowing fatty plaque deposits to clog your arteries and promote blood clotting. A study published in the journal *Circulation* found women younger than 45 years were at increased risk of cardiovascular disease if they had high blood levels of homocysteine. Interestingly, these women also had the lowest blood levels of folic acid.

Getting yours

To get more folic acid, eat plenty of beans, fruits and vegetables – preferably raw or lightly cooked. Half the folic acid and enzymes in foods can be lost by cooking. Look for foods labeled "high in folate or folic acid". Folic acid is also being used, as much as 5000 mcg a day to treat uric acid levels which cause the formation uric crystals in the kidneys. Research shows that an abundance of protein and not enough folic acid in diet can lead to many health problems.

If you're thinking of becoming pregnant, have had a baby with an NTD or are at high risk of cardiovascular disease, talk to your doctor about taking folic acid supplements.

Ingredients:

Folic acid	1000 mcg
Vitamin B12 (Methylcobalamin)	28 mcg

Non-medicinal ingredients: Vegetable magnesium stearate, silicon dioxide, calcium phosphate – dibasic-dihydrate and microcrystalline cellulose in a **non-GMO vegetable capsule** composed of vegetable hypromellose and purified water.

Contains no: Artificial flavour, sugar, salt, sweetener, colour, yeast, starch, corn, soy, wheat, barley, dairy, citrus, egg or fish.

Suggested use:

Adult: Take 1 capsule daily at mealtime or as directed by your health care practitioner.

Note: It is recommended to take vitamin B12 along with folic acid, since folic acid can mask a vitamin B12 deficiency.

Keep out of reach of children.

Manufactured under strict GMP (Good Manufacturing Practices)
New Roots Herbal at 1-800-268-9486 or www.newrootsherbal.com