

Folic Acid Benefits and Precautions

Folic Acid Benefits and Precautions Introduction Folic acid is a Vitamin B which is necessary to produce normal metabolism and red blood cells in the human body. It is one of the most important nutrients for women who are pregnant as it helps them in preventing birth defects and also infant spinal cord defects such as Spina Bifida. Folic acid also helps in several other conditions like diarrhea, heart disease, arthrosclerosis, schizophrenia and depression. Folic acid is also helpful in treatments such as cancer, gout and epilepsy gingivitis and also helps to reduce these risks.

Folic Acid Benefits Folic acid in particular benefits women who are likely to become pregnant or women who are pregnant. Folic acid aids in the healthy growth of the fetus and it even helps in preventing certain conditions like spina bifida and few other neural tube defects which are normally known as destructive conditions. In fact folic acid is not only helpful for pregnant women it benefits in many other ways as well by keeping the human body healthy. This nutrient helps in lowering homocysteine levels, possessing homocysteine damages blood vessels that further results in arteries being exposed to form plaque. It's deficiency can further lead to some of the high risk disease like heart disease. Folic acid is helpful to those people who are suffering with depression, this symptoms is generally associated with increased levels of homocysteine.

Precautions If an individual consumes excessively large amount of folic acid daily then he can experience several side effects. The dangerous level of consumption of folic acid is between 5,000 mcg to 10,000 mcg. Actually, 400 mcg per day is the recommended daily allowance but most of the people especially women who are about to conceive may require larger amount of this nutrient in their daily diet. One more important aspect to consider is that consuming folic acid as a supplement can cover several serious insufficiency symptoms of anemia. Although this is exceptional, in some of the cases it may lead to a permanent damage of nerves. Due to this reason it is advisable that people with anemia must not consume more than 400 mcg of folic acid each day, unless harmful anemia is first cured by the doctor. There are few people who recommend that consumption of folic acid should stand as a supplement but it must be consumed with Vitamin B12. They suggest that it a very widespread formula where not only Vitamin B12 is being used but few other essential Vitamins, Herbs, Amino Acids and Minerals are also used. An insufficiency of folic acid can usually cause anemia. Generally the side effects of consuming folic acid are exceptional and some times due to consuming large amount of this nutrient few people can experience several side effects as mentioned earlier. If in case any changes occur after an initial treatment of folic acid is undertaken then it is always advisable to contact the doctor or a physician at once. If required one can go to the emergency check for complete checkup.