

Information on B9 (Folic Acid)

Information on B9 (Folic Acid) B9 (Folic acid) is a water soluble vitamin of B-complex which plays an important part in cell metabolism. B9 or folic acid acts as coenzyme with vitamins B-12 and vitamin C, in the breakdown of metabolism of proteins and in the synthesis of new proteins. Deficiencies of vitamin B9 cause macrocytic anemia and homocysteine. Deficiency in pregnant women leads to birth defects like neural tube defects. During pregnancy it is required for the production and maintenance of cells in the body of the pregnant woman, and to replicate DNA. Women's body use folic acid for making new cells for her baby, so every women requires folic acid for the healthy development of new cells for her baby's body. The Folic acid deficiency causes DNA synthesis and division of the cell, affecting the bone marrow. Folic acid plays an important part for all pregnant women. The intake of adequate folic acid during the time, just before and after the pregnancy helps to protect against the congenital malformation and neural tube defects. The neural tube defects cause malformations of the spine, brain and skull. However the consumption of folic acid in addition to a healthy diet in the first month of conception reduces the risk of neural tube defects. The sources of B9 or Folic acid are the green leafy vegetables like turnip greens, spinach, dried beans, peas, sunflower seeds, cereals, French beans, legumes, peanuts, white flour, enriched cornmeal, berries, grapefruit, cantaloupe, banana and other fruits like orange. Vitamins B9 or folic acid often work to deliver a number of health benefits to the body. It supports and increases the rate of metabolism and maintains healthy skin. Vitamin B9 enhances the function of the nervous system and immune system. It also promotes the growth and division of cells like red blood cells which prevent anemia. Apart from preventing birth defects, the intake of folic acid has other benefits as well. Consuming folic acid containing (B9) with every meal neutralizes the formation of toxic homocysteine in the blood stream which reduces the risk of heart diseases like stroke and other type of vascular diseases. It has been discovered that intake of folic acid help to prevent cancer, because it plays an important part in the synthesis and functioning of DNA, repair. Diets with high folic acid decrease the risk of colorectal cancer as against folic acid supplements. Supplements do not reduce the risk of colorectal adenomas, because the association of folic acid is stronger in natural foods. Vitamin B9 or folic acid is important for curing depression and other mental problems. It helps to regulate sleep, appetite and mood. Folic acid is required for all women and plays an important role in building of tissues and cells essential in pregnancy. Cancer cells divide rapidly and folic acid can interfere with it, so folic acid is used to treat cancer. Medical research also suggests that diets high in folic acid decreases the risk of breast cancer in many women.