

Side Effects of Folic Acid

Side Effects of Folic Acid Folic Acid is a synthetic type of folate which is a water-soluble vitamin B that normally happens to be in all the foods. Folate is derived from a Latin word called "folium" which means leaf. Several studies have undoubtedly illustrated that when an individual consumes this nutrient regularly it benefits him in several ways. This benefit has made this nutrient to be one of the most essential supplements in every person's daily diet. However, there are quite a few side effects of this nutrient that everyone should be aware of. As this nutrient rarely occurs an individual needs to discover them, so that they can consult the doctor about the lack of folic acid or excess amount of this nutrient in their body.

Side effects of folic acid can be either severe or mild. Some of the mild side effects of folic acid include difficulty in concentration, insomnia, bitter taste, flatulence, bloated abdomen, loss of appetite and nausea. When an individual consults a dietician or a doctor, they will probably try to reduce the quantity of folic acid and will monitor the consequences closely. If an individual is experiencing difficulty in breathing, swelling of face, lips or tongue and closing of the throat then it is the symptoms of severe side effects of folic acid. In this case the diseased must immediately consult the doctor and take medical treatment and even stop consuming folic acid. Some of the other side effects of folic acid which have been actually noted are wheezing, itching, skin rash, shortness of breath, reddened skin, discomfort, general weakness and fever. These side effects can usually differ in severity.

The University of Maryland informs that the occasions of having a side effect due to folic acid is exceptional, however if an individual consumes a large dose of folic acid, which is around 15,000 mcg or even more then he may experience symptoms such as skin reactions, stomach pain, seizures and disrupted sleep patterns. Encyclopedia of Alternative Medicine exclaims that folic acid is actually safe when consumed up to 5,000 mcg or even less. When consumed in large amounts then an individual can experience side effects such as insomnia, decreased ability to concentration, decreased appetite, bloating, nausea and gas. If an individual suffers from a large dose of folic acid in particular with seizures, it will affect the efficiency of the common prescription Phenytoin which is also called as Dilantin. Obtaining folic acid through diet is a better option.

If an individual consumes folic acid then he should add a supplement of Vitamin B, especially B12, since the consumption of folic acid alone can lead to an insufficiency. As the side effects of folic acid rarely occur, the risk is always higher if an individual has a Vitamin B insufficiency. If the individual experiences any of the above mentioned symptoms while consuming folic acid then he has to ensure to consult his doctor so that he can try to avoid any further complications and also stop taking folic acid.