



FOLIC ACID 400 mcg/0.4 mg

UPC CODE 0 646420 2765 8

NPN# 02230055

NATURAL HEALTH PRODUCTS DIRECTORATE (NHPD) CLAIMS:

**Jamieson Folic Acid is approved for the following
NHPD claims:**

- Helps to maintain good health
- Helps to produce red blood cells
- Helps prevent neural tube defects when taken prior to becoming pregnant and during early pregnancy

GENERAL INFORMATION

Folic acid is a member of the B complex family and it is also known as folate or folacin. Folic acid acts as a coenzyme for normal DNA synthesis, functions as part of a coenzyme in amino acid and nucleoprotein synthesis, and promotes normal red blood cell formation.

Folic acid is an important vitamin during pregnancy. Clinical studies have shown folic acid assists in regulating embryonic and fetal development, and can help to prevent neural tube birth defects (such as spina bifida) if taken prior to and during the first trimester of pregnancy.

Folic acid is important for the conversion of the amino acid methionine to cysteine. If this vitamin is deficient or if a defect exists in the enzymes responsible for this conversion, there will be increased levels of homocysteine. This is an amino acid by-product that can harm the cardiovascular system by damaging the lining of the blood vessel walls when it builds up in the body. Adequate folic acid intake can prevent this build-up from occurring by regulating the body's production and use of this harmful compound.

Signs of a folic acid deficiency include: hemolytic and megaloblastic anemia, in which red blood cells are large and uneven in size, have a shorter life span, or are likely to have cell membranes rupture; irritability; weakness; lack

of energy; sleeping difficulties; paleness; soreness, red tongue; mild mental symptoms.

Folic acid is water-soluble and is not stored in the body, therefore intake of this vitamin is required on a daily basis. However, folic acid, along with many other nutrients, is removed when foods are highly refined or during the storing, processing and cooking of foods. Some highly processed foods will go through an enrichment process to replace some of the folic acid that was removed, however this does not always occur. Therefore, individuals may require daily supplementation of folic acid in order to obtain adequate amounts of this essential nutrient.

Jamieson's Folic Acid is formulated from natural sources and is pharmaceutically tested to guarantee full potency and absolute clinical purity.

What makes Folic Acid 400 mcg/0.4 mg from Jamieson Laboratories different...and why does that difference mean better?

- 1) A dry tablet compression process ensures that folic acid is never denatured by alternative processing techniques that require alcohol, chemical solvents and high temperatures. This is important because folic acid is a nutrient especially prone to reduction in potency under these adverse conditions.
- 2) Our premium formulations are manufactured using the 360 Pure process – a minimum of 360 quality tests that guarantee traceability and reliability of raw material, product safety, full potency and absolute clinical purity.

INGREDIENT INFORMATION

Available as 200 tablets.

Each tablet contains:

Folate (Folic acid).....400 mcg/0.4 mg

EXCIPIENTS

Cellulose, Dicalcium Phosphate, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silica.

For Accidental Overdose (such as child ingesting formula)
Dial 911, 0 for operator assistance or call you nearest Poison Control Centre.

For Professional Use Only
The information contained here has been accumulated from many sources.
Indications are not intended as cures, they are simply a guideline to be used at your professional discretion.

For more information please visit www.jamiesonvitamins.com or call 1-800-265-5088 to speak to a Consumer Affairs representative.



DIRECTIONS

Adults: Take 1 tablet daily with a meal. Store between 15°C-25°C, away from children.

INDICATED BENEFITS

- Helps prevent neural tube defects when taken prior to becoming pregnant and during early pregnancy.
- Supports cardiovascular health by reducing homocysteine levels.

NUTRIENT INTERACTIONS

Drug Interactions

Chemotherapeutic agents - methotrexate

Nutrient Depletions

The following drugs may deplete folic acid: Anti-acne drugs, HMG-CoA reductase inhibitors/anti-cholesterol drugs, anti-gout drugs, antipyretic drugs, antituberculosis drugs, anti-ulcer drugs, biguanides (oral antidiabetic drugs), bowel anti-inflammatory drugs, disease-modifying anti-rheumatic drugs (DMARDs – for individuals with rheumatoid arthritis and psoriasis), oral contraceptives, salicylates, sulfonamides (anti-infectives) and tetracyclines (anti-infectives).

Supportive Interactions

Take folic acid with Vitamin B₁₂ to prevent megaloblastic anemia. Folic acid is supportive for individuals taking antidepressant drugs, anti-psoriatic drugs (for people with rheumatoid arthritis and psoriasis) and oral contraceptives.

WARNINGS AND PRECAUTIONS

Folic acid therapy can mask a vitamin B₁₂ deficiency. Consult a health care practitioner for your vitamin B₁₂ needs.

TOXICITY, ADVERSE REACTIONS AND SIDE EFFECTS

None known when taken as directed.

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