

# Folic Acid B<sub>12</sub>

## Folic Acid and Vitamin B<sub>12</sub> Are Synergistic and Complementary B-Complex Vitamins

Folic acid is a water-soluble, yellow, crystalline compound that belongs to a group of compounds called pterins. This essential acid plays an important role in single-carbon metabolism. Folic acid is found in dark-green leafy vegetables. Other natural sources of folic acid include animal organ meats, the yolks of eggs, citrus fruits and juices, legumes, whole grains, and brewer's yeast. Since the body requires daily amounts of folic acid to carry out normal cell metabolism, insufficient amounts can greatly impair normal cell division, as well as DNA and RNA synthesis. While eating foods rich in folic acid will provide the body with its daily recommended dose (400 mcg), it is feared that many people fail to obtain adequate amounts of folic acid from their diets.†

## How Folic Acid Keeps You Healthy

### *Reduces the risk of neural tube defects*

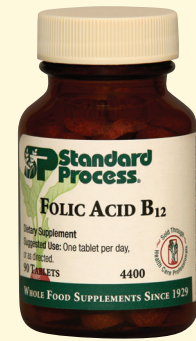
Neural tube defects (NTDs) occur in approximately 6 out of every 10,000 live births in the United States annually. NTDs are serious birth defects involving the brain or spinal cord that can result in infant mortality or serious disability. Because the neural tube forms and closes early on in the pregnancy, the defect can occur before a woman is aware she is pregnant. Adequate folate in healthy diets may reduce a woman's risk of having a child with brain or spinal cord birth defects. As part of a healthy diet, the daily value (DV) for folic acid intake is 400 mcg daily. Folate intake should not exceed 250% of the DV (1,000 mcg).†

### *Maintains a healthy heart*

The amino acid homocysteine has been shown to play a significant role in heart health. Folic acid works to reduce levels of homocysteine in the blood to sustain more acceptable levels.†

### *Maintains healthy cells*

Folic acid is important to the synthesis of DNA and cell division. Folic acid helps maintain the healthy structure and function of DNA and cells.†



**Introduced in 1981**

**Content:**

90 tablets

**Suggested Use:** One tablet per day, or as directed.

**Supplement Facts:**

Serving Size: 1 tablet

Servings per Container: 90

	Amount per Serving	%DV
Calories	2	
Folate	400 mcg	100%
Vitamin B <sub>12</sub>	6 mcg	100%

**Proprietary Blend:** 350 mg

Carrot (root), calcium lactate, bovine liver, porcine stomach parenchyma, defatted wheat (germ), bovine spleen, ovine spleen, bovine adrenal Cytosol™ extract, oat flour, and ascorbic acid.

Other Ingredients: Honey, cellulose, folic acid, dicalcium phosphate, and cyanocobalamin.

**Sold through health care professionals.**

*Please copy for your patients.*

†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



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## What Makes Folic Acid B<sub>12</sub> Unique

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### *Product Attributes*

#### **Folic Acid B<sub>12</sub> contains porcine stomach parenchyma**

- › This ingredient is very important for proper absorption of vitamin B<sub>12</sub> and folic acid

#### **Folic acid and vitamin B<sub>12</sub> work synergistically to maintain health**

- › These vitamin complexes taken together work to mature and strengthen red blood cells
- › Assist in the process of DNA formation and the replication of genetic material†

### *Manufacturing and Quality-Control Processes*

#### **Low-temperature, high-vacuum drying technique**

- › Preserves the enzymatic vitality and nutritional potential of ingredients

#### **Not disassociated into isolated components**

- › The nutrients in Folic Acid B<sub>12</sub> are processed to remain intact, complete nutritional compounds

#### **Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products**

- › Ensures consistent quality and safety

#### **Vitamin and mineral analyses validate product content and specifications**

- › Assures high-quality essential nutrients are delivered

### **Whole Food Philosophy**

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

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Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Folic Acid B<sub>12</sub>.

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