

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

4400

Please Copy for Your Patients

## 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 got its name from where it 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 for a variety of reasons.†

## How Folic Acid Keeps You Healthy

### Reduces the risk of neural tube defects

Neural tube defects (NTDs) occur in approximately six 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 a brain or spinal cord birth defect. 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

### Supplement Facts:

Serving Size: 1 tablet  
Servings per Container: 90

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

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

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

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

### Unique Product Attributes

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

- This ingredient is very important for good 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
- Another important function of these vitamin complexes is in the process of DNA formation and the replication of genetic material†

### Certified Organic Farming

#### A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and by-products from our processing, practicing strict weed control standards, and continually monitoring the health of our plants

- Assures the soil is laden with minerals and nutrients
- Ensures plants are nutritionally complete and free from synthetic pesticides

### Unique Processing

#### Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

- Preserves nutritional integrity

#### Exclusive 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 constantly 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

*Dr. 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 synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.*

**Proprietary Blend:** Carrot (root), calcium lactate, 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, and cyanocobalamin.

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

**Sold to health care professionals.**

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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