

## **WHAT IS FOLIC ACID**

Folate, distinct forms of which are known as folic acid, folacin, and vitamin B<sub>9</sub>, is one of the B vitamins. It may be taken by mouth or by injection. The recommended adult daily intake of folate in the U.S. is 400 micrograms from foods or dietary supplements.

## **CAUSES OF FOLIC ACID**

In folate-deficiency anemia, the red blood cells are abnormally large (megaloblastic). Pregnant women need to get enough folic acid. The vitamin is important to the growth of the fetus's spinal cord and brain. Folic acid deficiency can cause severe birth defects known as neural tube defects

## **SYMPTOMS OF FOLIC ACID**

If you have anaemia caused by a vitamin B12 deficiency, you may have other symptoms, such as:

- A pale yellow tinge to your skin.
- A sore and red tongue (glossitis)
- Mouth ulcers.
- Pins and needles (paraesthesia)
- Changes in the way that you walk and move around.
- Disturbed vision.
- Irritability.
- Depression.

## **NEUROTHErapy TREATMENT**

Black treatment formula