

Folid Acid



Folic acid is a B vitamin (B9), which is added to supplements and foods. This is obtained through foods such as spinach, broccoli, beans, citrus fruits, among others. It should be noted that this vitamin is essential during early pregnancy, as it helps reduce the risk of birth defects of the brain and spine.

What are the benefits of consuming folic acid?

- Helps the production of DNA (carries genetic information).
- Works with vitamin B12 and vitamin C to break down, use and create new proteins in the body.
- Collaborates in the creation of red blood cells.
- Promotes tissue growth and cellular work.

Who should consume folic acid?

Every woman of reproductive age needs to consume folic acid every day. Regardless, whether you are planning a pregnancy or not, it will help you produce new cells.

How much folic acid should you consume?

The recommended daily amount of folic acid is 400 micrograms (mcg).

How can you get folic acid?

Folic acid can be obtained through foods such as breads, corn flour, among others; and/or taking a vitamin that contains it.

Important: The word “folate” on the nutritional label must be 100%.



What can cause a folic acid deficiency?

- Certain types of anemia
- Diarrhea
- Stunted growth
- Mouth ulcers or peptic ulcers

Social and Emotional Aspect

For recommendations, tools and resources on how you and your family can cope with the emotional and physical concerns that arise during and after treatment, please visit your primary doctor or contact the following telephone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References:

<https://medlineplus.gov/spanish/ency/article/002408.htm>

<https://www.mayoclinic.org/es/drugs-supplements-folate/art-20364625>

<https://health.gov/espanol/myhealthfinder/temas/embarazo/nutricion-y-actividad-fisica/toma-suficiente-acido-folico>

Prepared by licensed Health Educators.

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