



## FOLIC ACID & PREGNANCY

### What is it?

Folic Acid is a vitamin that is naturally occurring in your diet. It can be found in green leafy vegetables, oranges, strawberries, other fruits, and whole grain cereals.

### Why is it important?

Research has shown that folic acid deficiency is related to the occurrences of some neural tube defects such as spinal-bifida, anencephaly, and open spine. Lack of the vitamin or its metabolites may also be responsible for some cases of spontaneous abortions and intra-uterine growth retardation.

### How much is enough?

The CDC and other American health agencies recommend a daily consumption of 0.4mg of folic acid, from either diet or supplements for all women of childbearing age. It is especially important one month prior to conception and during the first trimester of pregnancy