Women's Health Library

Folic Acid Fights Age Related Diseases

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Additional Recommended Supplements for Optimal Health…

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D**
  or
- **Liquid Cal-Mag-Zinc**

These supplements may be purchased on Our Store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Research has shown that folic acid may play a critical role in protecting nerve cells, which may prove to be beneficial in fighting against age-related diseases.

A study published in the Journal of Neurology revealed that mice on a folate rich diet that were fed MPTP, a substance that provokes a pathology similar to Parkinson's, developed only mild Parkinson-like symptoms, while rats not fed folic acid developed more severe side effects. Mice deficient in folate were not only more sensitive to the effects of MPTP, but they also exhibited elevated levels of homocysteine in the blood and brain.

High levels of homocysteine may damage the DNA of nerve cells in the area of the brain that produces dopamine. An inadequate amount of dopamine can lead to the malfunction of nerve cells and a loss of motor control.

Folic acid deficiency is very common and without sufficient folic acid, the body's cells can not divide properly. It has also been shown to help reduce the risk of heart disease and plays a serious role in reducing the risk of birth defects during pregnancy.

Now that we understand the importance of folic acid, where can it be found? Good sources include Dark green leafy vegetables, oranges, rice, soybeans, soy flour, asparagus and fortified foods. To ensure adequate daily intake supplementation may be required.

The above mentioned study suggests that anyone with a family history or those at risk for developing a nerve-damaging disease such as Parkinson's should consider supplementing with folic acid daily as well as those who are pregnant, breastfeeding or anyone simply looking for a product to support a healthy heart and red blood cells.

The recommended dosage is normally 400-800 mcg per day. Folic acid can be taken in our ***Ultimate One* multiple vitamin** or in our ***Supreme Stress B*-complex formula**.