

# What is folic acid? Role and how to add folic acid to pregnant women

What is folic acid? What is the role for pregnant women and how to add them? Follow this article to get answers.

During pregnancy, women often focus on supplementing vitamins and minerals to ensure the best health for both mother and child. One of the vitamins is **folic acid** . So **what is folic acid? What is the role for pregnant women and how to add** them? Follow this article to get answers.



## What is folic acid?

Folic acid is one of the B vitamins, more precisely vitamin B9. This is a very important part of everyone's diet. Especially for women of reproductive age. This nutrient helps cells grow and develop.

Understanding the importance of this vitamin, manufacturers often add folic acid in foods such as: Cereals, flour, bread, pasta, baking ingredients, cookies, cookies.

In addition, folic acid is found in many foods such as:

1. Spinach, broccoli, fish lettuce, okra, asparagus .
2. Fruits such as: Banana, pear melon, lemon, orange juice .
3. Beef liver and kidney.
4. Nuts: Soy bean, red bean, black bean .



## **The role of folic acid for pregnant women and their babies**

### **1. Prevent birth defects**

Folic acid plays a role in preventing serious birth defects affecting the brain and spinal cord. These defects may include neural tube defects such as spina bifida and a lack of part of the brain.



### **2. Reduce the risk of cancer**

Investigation shows that folic acid may reduce a small percentage of the risk of cancer-related diseases, such as breast cancer.

Some people use folic acid to prevent colon cancer or cervical cancer. It is used to prevent heart disease, stroke and reduce the level of chemicals in the blood (hemolysis).

However, these hypotheses are encountering a lot of controversy and cannot give an accurate conclusion.

### **3. Prevent anemia**

Folic acid plays a very important role in providing blood cells to the body, which help create new cells, including red blood cells. Pregnant women without a large amount of folic acid are at high risk of miscarriage, premature birth, prone to postpartum psychosis, fetal malnutrition.

Born babies are also susceptible to cardiovascular and cleft palate diseases if the mother lacks serious folic acid.

Therefore, adequate supplementation of folic acid will help prevent anemia leading to these phenomena.

#### **4. Language ability of children**

This vitamin is beneficial for mothers and their babies because it affects brain development and prevents the risk of Neural Tube Defects (NTD) in children.

In a 2011 study, when comparing mothers who used folic acid and mothers who did not use folic acid, it was found that mothers who took folic acid for about 4 weeks before pregnancy reduced their risk. The birth of a baby has delayed language development.

Although moms still take other supplements at the same time, folic acid still plays a big role in reducing the risk of children developing slowly in language skills.



#### **When should pregnant women start taking folic acid?**

Birth defects usually occur within the first 7 weeks of pregnancy. Therefore, folic acid supplementation in the early stages when the brain of the fetus and spinal cord is forming is extremely important.

Many scientific studies recommend that **women should take 400mcg of folic acid for** at least 3 months before planning to conceive, reducing the risk of congenital neural tube defects in children.

However, since most women often do not know they are pregnant until a few weeks later, the American Society of Obstetrics and Gynecology also recommends that women of reproductive age should use 400mcg of acid. folic every day.

## **The amount of folic acid pregnant women need to supplement in stages**

The recommended amount for all women of childbearing age is 400 mcg / day. If you take folic acid from a multivitamin tablet, be sure to check the amount of folic acid in one dose. In addition, the mother can also folic acid from supplements.

Below is the amount of folic acid you should take during the day depending on the stage:

1. Before pregnancy: 400 mcg
2. In the first 3 months of pregnancy: 400 mcg
3. From the 4th month to the 9th month: 600mcg
4. When breastfeeding: 500 mcg.

## **Note when taking folic acid**

1. Folic acid should be taken between 2 meals.
2. Vitamin C will increase iron absorption. So take iron tablets - folic acid together with orange juice or juice.
3. Avoid taking medications with tea, coffee, and alcohol because folic acid will reduce absorption.
4. Taking folic acid often causes constipation, so you need to drink plenty of water and eat plenty of fiber.

## **TIP: Folic Acid 400 MCG Solgar (100 tablets) is safe and effective.**

This is the product of the brand Solgar - one of the famous brands of American food production.

The product is the choice of many women of reproductive age. Folic Acid 400 MCG Solgar includes 100 capsules which are easy and convenient to use. Each tablet contains a concentration of 400mcg of folic acid, which is consistent with the recommendations of experts.

Folic Acid 400 MCG Solgar does not have an unpleasant odor so women can be assured of supplement before, during and after pregnancy.

Currently, oral tablets are being distributed at **META.vn** at the price of **VND 350,000** . You can order online or go directly to the 2 addresses below for further advice:

1. **In Hanoi: No. 56 Duy Tan - Dich Vong Hau Ward - Cau Giay. Phone: 024.35.68.69.69**
2. **Or in Ho Chi Minh City: S? 716-718 ?i?n Biên Ph? - Ph??ng 10 - District 10. Phone: 028.38.33.33.66**

Hopefully the article will help you better understand **the importance of folic acid** to get the best health for yourself and your baby during pregnancy.

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