

FOLATE

A background image for the 'FOLATE' section showing fresh green leafy vegetables like spinach or kale.

Folate, vitamin B9, is a water soluble vitamin used in just about every process in the body. It breaks down, builds, and uses proteins. It's used in red blood cell production, DNA synthesis, and many more functions. Lack of it in pregnancy leads to neural tube defects including spina bifida and anencephaly. Lack of it in childhood and adulthood leads to growth problems, neurological problems, anemia, low white blood cell count, and more.

Folate is naturally found in high amounts in leafy greens, sea weed, sunflower seeds, chicken liver, calf liver, leeks, and peppers.

FOLIC ACID

A background image for the 'FOLIC ACID' section showing various pieces of laboratory glassware like beakers and flasks containing colored liquids.

Folic acid is the synthetic version of folate. It is true that most of the medical community uses the terms folate and folic acid interchangeably, but they enter the metabolic cycle in different ways, and natural folate is easier for the body to access than the cheap synthetic version folic acid.

Why is Folic acid bad?

So many people are taught that taking an excess of water soluble vitamins isn't a bad thing. This is because it will just be excreted in the urine if not needed. This is not the case with folic acid. If a person cannot process folic acid into usable folate, the folic acid ends up in the blood stream where it hogs the receptor sites on cells where folate is needed.

When unusable folic acid is taking up the receptor sites where real folate is needed, a folate deficiency occurs and the following can happen:

- | | |
|--------------------------------------|-----------------------|
| Neural tube defects | Recurrent miscarriage |
| Midline defects including tongue tie | Neurological problems |
| Anxiety | Growth problems |
| Thyroid problems | Anemia |
| And more | |

In addition, this excess folic acid has been linked to:

- Cancer
- Childhood respiratory problems

Folic Acid also Inhibits Detoxification, especially in MTHFR patients.

Where is Folic acid found? How can I avoid it?

Good news! Since folic acid is synthetic and made in a lab, it is never found in natural, whole foods. The foods that are fortified are:

- processed cereals
- commercial flour and grains
- other grain based processed foods
- supplements including multivitamins

But wait! My doctor says Folic acid is important to take

Doctors often use the terms 'folic acid' and 'folate' interchangeably. They are not interchangeable, just as margarine and butter are not interchangeable. In any case, it is very unlikely that your doctor will prefer you take folic acid over folate, it is much more common that he or she will just insist that there is no difference.

What can I do?

I did these simple steps for my family upon reading about MTHFR and folate.

Toss any enriched or fortified food in your house. Now!

Toss any supplement containing folic acid.

If you feel that you need to supplement with folate, choose a supplement with real folate or methyl folate (check with your health care practitioner before starting a supplement containing folate)

Diligently watch labels of all supplements for folic acid and avoid.



Nutrition Facts

Serving Size 5 crackers (15g)
Servings Per Container About 24

Amount Per Serving

Calories 70 Calories from Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 120mg 5%

Potassium 30mg 1%

Total Carbohydrate 11g 4%

Dietary Fiber Less than 1g 3%

Sugars 2g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WHOLE GRAIN WHEAT FLOUR, SOYBEAN OIL, SUGAR, PARTIALLY HYDROGENATED COTTONSEED OIL, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), SALT, HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN.

CONTAINS: WHEAT, SOY.

NATURE'S HARVEST 18 GRAINS AND SEEDS BREAD 24 OZ

Nutrition Facts

Serving Size 1 slice (31g)

Servings Per Container 22

Calories 80

Calories from Fat 15

Amount Per Serving % Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 125mg 5%

Amount Per Serving % Daily Value*

Total Carbohydrate 15g 5%

Dietary Fiber 1g 4%

Sugars 2g

Protein 3g 2%

*Percent(%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
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Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 4%
Thiamin 10% • Riboflavin 2% • Niacin 4% • Folic Acid 4%

INGREDIENTS: **WHOLE WHEAT FLOUR**, WATER, ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], WHOLE GRAINS (BARLEY, CRACKED WHEAT, RYE, OATS, TRITICALE, MILLET, BUCKWHEAT, BROWN RICE, SPELT, SORGHUM, AMARANTH, QUINOA, TEFF), SUGAR, WHEAT GLUTEN, SUNFLOWER SEEDS, YEAST, MOLASSES, SALT, SOYBEAN OIL, CORN GRITS, SESAME SEEDS, FLAXSEED, CALCIUM PROPIONATE (PRESERVATIVE), MONOGLYCERIDES, DATEM, POPPY SEEDS, GRAIN VINEGAR, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, CORNSTARCH, **SOY LECITHIN**, CITRIC ACID, POTASSIUM IODATE.