



# SanaCore Folic Acid

Read through the leaflet carefully, as it contains information that is important to you.

- Keep this leaflet – it may be necessary to read it again.
- Dietary supplements are not a substitute for balanced nutrition.
- When combining with medication, always consult your doctor.

## **Contents of this leaflet**

1. What is SanaCore Folic Acid and what is it used for?
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## **1. What is SanaCore Folic Acid and what is it used for?**

### **Active Components**

SanaCore Folic Acid 800

- folic acid 800mcg

**Folic Acid** and vitamin B12 use each other to function properly within the body. It is recommended to always supplement folic acid alongside vitamin B12. Because folic acid and vitamin B12 cooperate, many of their positive effects coincide.

### **Folic Acid contributes to**

#### **Energy**

- Folic Acid contributes to the reduction of tiredness and fatigue

#### **Nervous system**

- Folic Acid contributes to normal homocysteine metabolism

#### **Cell division**

- Folic Acid has a role in the process of cell division

#### **Blood**

- Folic Acid contributes to normal blood formation

#### **Immune system**

- Folic Acid contributes to the normal function of the immune system

#### **Psychological function**

- Folic Acid contributes to normal psychological function

#### **Amino acid synthesis**

- Folic Acid contributes to normal amino acid synthesis

#### **Pregnancy**

- Folic Acid contributes to maternal tissue growth during pregnancy
- Supplemental folic acid intake increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing foetus

## **2. What do I need to know before using SanaCore Folic Acid?**

### **Do not use SanaCore Folic Acid**

If you are sensitive to one of its component parts.

### **Folic Acid Upper Limit**

<b>Age</b>	<b>Upper Limit (mcg per day)*</b>
0 - 5 months	85
6 - 11 months	130
1 - 3 years	200
4 - 8 years	350
9 - 13 years	600
14 - 18 years	900
19+	1000
Pregnant	1000
Breastfeeding	1000

\* This assumes an average uptake of 50% of folic acid from nutrition.

\* The most important reason that these folic acid levels are set as the upper limit is the danger of masking a vitamin B12 deficiency in case of higher doses. <sup>1</sup>

Do not exceed maximum daily amount.

### **Warning**

Long-term use of a high dose of folic acid may conceal a vitamin B12 deficiency (when measured by blood test).

When combining with medication (for epilepsy, for example), always consult your doctor.

### **Overdose**

Overdosing does not lead to poisoning. In case you experience side effects that you consider severe, consult your doctor.

### **Other ingredients**

Emdex® (polysaccharides), anti-caking agent: magnesium stearate

### **Suitable for**

Vegetarians, vegans

### **Contains no**

yeast, sugar, gluten, lactose, soy, preservatives or artificial aromas, colourings, sweeteners or flavourings.

### **Pregnancy**

Folic acid, so far as is known, can be used in the recommended dose without danger to the foetus during pregnancy.

### **Breastfeeding**

Vitamin B12 and folic acid are passed on through breastmilk. There is an increase in the need for vitamin B12 and folic acid during the period of breastfeeding. Folic acid can be used during the period of lactation.

### **Driving ability and operating machinery**

Based on the pharmacodynamic profile and/or side effects profile, it is not probable that folate has an effect on driving ability and the ability to operate machinery.

SanaCore Folic Acid is a product of:  
SanaCore B.V.,  
Duinweg 22, 1871AC Schoorl,  
The Netherlands.

*The text on this leaflet was last revised in January of 2017.*

<sup>1</sup> European Commission - Scientific Committee on Food - Opinion of the Scientific Committee on Food on the Tolerable Upper Intake Level of Folate. 28 November 2000

### **3. Use of Folic Acid during pregnancy**

#### **Why is Folic Acid important during pregnancy?**

Extra folic acid before and during the first part of the pregnancy offers 50-70% protection against the foetus developing spina bifida.

Over the past 20 years, strong indications have been found that the protective properties of folic acid increase with higher doses and that folic acid also protects against other congenital defects such as cardiac conditions.

According to recent research, use of folic acid later on in the pregnancy, after the first three months, could have a positive effect on preventing preeclampsia and premature birth.

#### **Dutch health council advice**

The health council advises all women who wish to get pregnant and women who are pregnant to take an extra 400 mcg of folic acid during 4 weeks before conception (or from the moment of desiring to conceive) up to 8 weeks after conception. Even if the pregnancy has been determined and no folic acid was used beforehand, the advice remains to take extra folic acid up to 8 weeks after conception.

### **4. How is SanaCore Folic Acid used?**

Allow one lozenge to melt underneath the tongue, preferably before or after breakfast or lunch. For optimal effect, do not eat or drink for 15 minutes after taking it.

Or as advised.

Do not exceed upper limit. See table under point 2 for daily upper limit of folic acid.

### **5. How do I keep SanaCore Folic Acid?**

Keep SanaCore Folic Acid out of reach and sight of children.

Do not store at temperatures exceeding 25°C.

Save in original blister pack.

Expiry date is noted on the blister.