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Folic acid

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It has been suggested that this article be split into articles titled Folic acid and Vitamin B9, accessible from a disambiguation page. Please discuss this on the article's talk page. (July

Folic acid (also known as folate, vitamin M, vitamin Bo. [3] vitamin Bo. [4] (or folacin). pteroyl-L-glutamic acid, and pteroyl-L-glutamate[5]) are forms of the water-soluble vitamin Bg. Folate is composed of the aromatic pteridine ring linked to paraaminobenzoic acid and one or more glutamate residues. Folic acid is itself not biologically active, but its biological importance is due to tetrahydrofolate and other derivatives after its conversion to dihydrofolic acid in the liver. [6]

Vitamin B₉ (folic acid and folate) is essential for numerous bodily functions. Humans cannot synthesize folate de novo; therefore, folate has to be supplied through the diet to meet their daily requirements. The human body needs folate to synthesize DNA, repair DNA, and methylate DNA as well as to act as a cofactor in certain biological reactions.[7] It is especially important in aiding rapid cell division and growth, such as in infancy and pregnancy. Children and adults both require folic acid to produce healthy red blood cells and prevent anemia.[8]

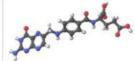
Folate and folic acid derive their names from the Latin word folium (which means "leaf"). Leafy vegetables are principal sources of folic acid, although in Western diets fortified cereals and bread may be a larger dietary source. [citation needed]

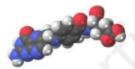
A lack of dietary folates leads to tolate deliciency, which is uncommon in normal Western diets. [citation needed] A complete lack of dietary folate takes months before deficiency develops as normal individuals have about 500-20,000 µg[3] of folate in body stores. [10] This deficiency can result in many health problems, the most notable one being neural tube defects in developing embryos. Common symptoms of folate deficiency include diarrhea, macrocytic anemia with weakness or shortness of breath, nerve damage with weakness and limb numbness (peripheral neuropathy),[11] pregnancy complications, mental confusion, forgetfulness or other cognitive declines, mental depression, sore or swollen tongue, peptic or mouth ulcers, headaches, heart palpitations, irritability, and behavioral disorders. Low levels of folate can also lead to homocysteine accumulation.^[7] DNA synthesis and repair are impaired and this could lead to cancer development.[7]

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IUPAC name (2S)-2-[(4-()|2-amino-4-hydroxypteridin-6yl)methyl]amino)phenyl)formamido]pentanedioic

Other names

N-(4-([(2-amino-4-oxo-1,4-dihydropteridin-6-yl) methyl[amino]benzoyl]-L-glutamic acid; pteroyl-Lglutamic acid; Vitamin Bg; Vitamin Bg; Folacin

Identifiers CAS number 59-30-3 √

Miles Dusul

September 18, 2013 · @

Activize Oxyplus (Folic Acid) Health benefits : ~ pregnancy, Sperm Quality, Heart disease, Cancer, Antifolates, Toxicity, and Psychological. Production by FitLine .

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