

Treatment for Folic Acid Deficiency Anemia: What You Should Know?

Folic acid, one of the B vitamins, is important for health and well-being, especially for women who are pregnant or planning to get pregnant. In the past, not having enough folic acid often led to folic acid or folate deficiency anemia, one of many diet-related types of anemia. Today, however, it is highly unlikely that anyone could become anemic from this deficiency.

For the small number of people who have folic acid deficiency, a change in diet is usually the answer. Folic acid is very easily absorbed from food, so even people who have chronic health conditions that make it hard for them to absorb many nutrients will probably get enough folic acid this way.

Foods to eat to get your [folic](#) acid requirements include: Leafy greens, such as spinach or romaine lettuce, Broccoli, Asparagus, Oranges or orange juice, Sprouts, Barley, Lentils, Beans, Peanuts, Soybeans, Wheat germ, Fortified breakfast cereals, Fortified or enriched bread, pasta, or other grain products.

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