

Folic acid is a B vitamin. It helps the body make healthy new cells. Everyone needs folic acid. For women who may get pregnant, it is really important. Getting enough folic acid before and during pregnancy can prevent major birth defects of her baby's brain or spine.

MTHFR polymorphism refers to variations in the **MTHFR** (methylenetetrahydrofolate reductase) gene. This **gene** provides **instructions** for producing the MTHFR **enzyme**, which is involved in the **metabolism** of **folate** (vitamin B9) in the body.

Foods with folic acid in them include

Leafy green vegetables Fruits Dried beans, peas, and nuts Enriched breads, cereals and other grain products

folate antagonists (e.g. **carbamazepine**) doubles the incidence of MM

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