



Folic acid plays a role in important biological processes in the body such as blood production, new cell formation, and DNA synthesis. It is known that folic acid prevents the occurrence of many severe diseases such as heart attack, dementia and paralysis by reducing arteriosclerosis.

It is thought that folic acid supplement during pregnancy, even before pregnancy, is important for the expectant mother to have a healthy pregnancy and to prevent problems that may occur in the baby's development.



Vitamin B1 (also known as thiamine) is an important vitamin that has a role in protein synthesis and the execution of many vital functions in the brain and neural system. It enables the body to use proteins and produce energy from carbohydrates. It is also essential for brain functions and the digestive system. Vitamin B1 helps the formation of blood cells and a healthy circulatory system. It takes part in protecting the heart and digestive system muscles.

In case of vitamin B1 deficiency, symptoms such as depression, restlessness, muscle weakness, lack of concentration, memory weakness, irritability, tingling in the feet, palpitations, and constipation can be seen.

Over time, thiamine deficiency can cause weakening of the heart muscles and circulatory system disorders, as well as problems in the digestive system and Beriberi disease.



In humans, it is stored in fatty tissues, kidney, heart, muscles and adrenal gland as well as liver. It shows antioxidant properties by preventing the oxidation of substances such as vitamin A, unsaturated fatty acids and vitamin C. It is resistant to heat and cooking. It is the best antioxidant. It prevents the formation of free radicals and degenerative diseases such as cancer. It protects the cell from the harmful effects of free radicals, heavy metals, toxic compounds, drugs and radiation by stabilizing the lipid part of the cell membrane and carrier molecules. It improves the immune system against viral diseases. It is vital for eye health and required for retinal development. It prevents the cataract-forming effects of free radicals.

It is protective against aging. It prevents the degenerative effect of free radicals on tissues, skin and blood vessels. It also has a preventive effect on memory loss that occurs with aging.



Vitamin B3 basically helps to lower cholesterol, maintain blood sugar levels and the genetic function in cells, and process fat ingested through food. It is also necessary for energy production in the body like other B vitamins.

The need for vitamin B3 may increase in fatigue, muscle weakness, loss of appetite, skin infections and digestive system disorders. It is most commonly found in meat, fish, milk, eggs, green-leafy vegetables and beans.



The main task of vitamin B12 (amongst other things) is the production of red blood cells and the protection of the central neural system. There is no such thing as taking more vitamin B12 than necessary, because vitamin B12 is among the water-soluble vitamins and the body gets rid of the excess through urine after taking what it needs. Therefore, it should be taken regularly. Although vitamin B12 is found in food of animal origin and phytonutrient (fortified ones), vitamin B12 taken from animal foods is better absorbed by the body. Symptoms such as anemia, loss of balance, numbness in legs and arms, tingling and weakness can be seen in vitamin B12 deficiency.



C vitamin, known as ascorbic acid, is a type of vitamin that is water-soluble, not stored in the human body and the excess is excreted from the body through sweat or urine. It helps to increase body immunity especially in febrile diseases and poisoning. Vitamin C is diuretic and cholesterol lowering, it gives energy.



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Getting enough **Vitamin B12 and Folic Acid** is essential for the body.



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B12^{One More} plus + FAYDALARI

- Getting enough vitamin B12 is beneficial for the overall health of the body.
- The basic structure of blood cells is formed via vitamin B12.
- Strengthens the central nervous system.
- Prevents the occurrence of memory problems.
- Beneficial for digestive system and heart health.

- Helps convert carbohydrates into glucose, thus plays a role in the process of providing the body with the necessary energy.
- Critical for skin, hair and nail health as it plays a role in cell regeneration.



B12 Deficiency Symptoms

Vitamin B12 is essential for the proper functioning of body functions. People who experience symptoms of vitamin B12 deficiency should definitely see a doctor. Underestimated symptoms of B12 deficiency may be the reason of larger diseases or cause permanent damage to the body. The most common B12 deficiency symptoms are:

Kaynak: <https://www.ncbi.nlm.nih.gov/m/pubmed/31819326/?i=2&from=b12%20takviyesi>

- constant fatigue and weakness
- numbness and contractions in the arms and legs
- tension and depression, constant anxiety
- defect of vision
- swelling and flattening of the lumpy tissue on the tongue, cracks in the tongue
- discoloration and weight loss
- decreased memory and perception, poor concentration
- reduced mobility
- shortness of breath

What Happens When We Lack B12?

The harms of vitamin B12 deficiency generally occur gradually. In the initial phase, some symptoms are seen. With the depletion of vitamin B12 reserves, mild depression, numbness, nausea, respiratory tract infections and forgetfulness begin. If the necessary precautions are not taken, it will cause more serious problems.

- B12 deficiency causes anemia.
- It causes some neurological problems, forgetfulness, early dementia, numbness in hands and feet, coordination problems.
- The immune system weakens, the body's resistance to diseases decreases.
- cell renewal rate slows down, skin diseases begin to appear.
- The risk of developing lung, prostate and colon cancer increases.
- Weakness and fatigue are felt and body energy decreases.
- It causes cardiovascular diseases.
- It affects fertility negatively in men and women and causes infertility.

Its use during pregnancy is especially recommended for baby health.

WHAT IS FOLIC ACID?

Folic acid, a member of the vitamin B family, is an important vitamin in DNA synthesis and cell division processes. Also known as folate or vitamin B9.

Situations where folic acid is required or additional intake is required include:

- During pregnancy and lactation
- In the pre-pregnancy period
- In alcohol consumption
- In nutrient absorption disorders from the intestines
- Kidney patients undergoing dialysis
- Those with liver disease
- In anemia patients due to folic acid deficiency
- Hearing impairment in old age

