

## Guillermou

Folate is undeniably a vital component of the human diet, its deficiency causing impairment of many metabolic processes. In modern society with increased availability and access to folic acid, hypervitaminosis rather than deficiency may become a problem with voluntary food fortification, high availability of low-cost folic acid supplements. Adding folic acid to cereals may be adding excessive amounts to a person's diet, which in turn can cause many undesirable effects. Adverse effects. These adverse effects can affect multiple areas of public health, with studies suggesting that high folic acid intake may, under certain conditions, promote cancer, interact with medications, and impair fetal development.

Studies in mice have shown more sinister impacts, suggesting that high levels of folic acid have serious detrimental consequences by causing epilepsy and liver damage. Folic acid administered in the presence of preneoplastic cells increases their proliferation and cell growth. High serum folic acid levels caused tumor cells to divide at a higher rate, allowing for higher rates of nucleotide synthesis. Observational research carried out in Chile showed that after folic acid fortification was implemented in this country, there was a 162% increase in colorectal cancer in the 45 to 64 year old group and a 192% increase in the 65 to 79 year old group.

compared to the pre-fortification period. Examination Survey Study (NHANES) showing that between 1% and 4% of the US population is exceeding the tolerable upper limit of folic. 1 mg per day, after flour fortification, there is an area of concern that folic acid fortification has contributed to increased cancer risk in the US population.

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The increased risk of prostate cancer in older men may be due to too much folic acid. Since the adverse effects of excessive folic acid intake on cancer are still being investigated. In another study, intake of vitamin B-6 and riboflavin through diet and supplements was associated with a lower risk of colorectal cancer (CRC) in postmenopausal women, but increased folic acid intake during the post-fortification period. may have been associated with a transient increase in CRC risk. The literature highlights possible harmful effects, such as an increased risk of carcinogenesis; alteration in DNA methylation; and impacts on embryogenesis, pregnancy outcomes, neurodevelopment, and disease risk.

Notably, these consequences go beyond immediate effects and can influence future generations through epigenetic reprogramming. A key message: If excess folate has tumor-promoting effects, those effects are likely to outweigh any beneficial effects of folic acid supplementation on mutation rates, and cancer rates are predicted to increase.

[aacrjournals.org/cebp/article/17/6/1360/177611/Does-Folic-Acid-Supplem..](https://aacrjournals.org/cebp/article/17/6/1360/177611/Does-Folic-Acid-Supplem..) (2008).-----  
[www.ncbi.nlm.nih.gov/.../PMC3545682](https://www.ncbi.nlm.nih.gov/.../PMC3545682) (2012).--- [www.researchgate.net/profile/Agata-Sobczynska-Malefora/publication/309..](https://www.researchgate.net/profile/Agata-Sobczynska-Malefora/publication/309..) (2016).--- [www.mdpi.com/.../4699](https://www.mdpi.com/.../4699) (2023).----

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## juststeve

Gui, the article mentions synthetics. Often supplements are offered, usually less expensive dollar wise, but they are just one component condensed into the one ingredient, similar yet not the same. Sometimes it is found the synthetic can affect one in the opposite direction of what the positive whole, complete compound would. Patients prescribed D2 instead of the D3, without the complementary partners Magnesium, m7K2 and Potassium afford. Very often these inferior products are used in slated trails and then used to claim these things don't work,

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## grulla

"Examination Survey Study (NHANES) showing that between 1% and 4% of the US population is exceeding the tolerable upper limit of folic. 1 mg per day,..." My integrative doctor has had me taking 3 Vit B-complex capsules every day for the past ~4 years in order to suppress my high homocystine levels, and it seems to have worked well. However, I now see on the supplement list on the back of the jar that folate is 680 mcgs DFE, and with folic acid added at 400 mcgs. Perhaps, because of my PSA count, I need a b-complex capsule(s) with just folate, and without the added folic acid???

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Yes Just and Grulla, let's meet deception supplements, GMO supplements and preservation ingredients. It is ending a deliberate fear campaign to terrorize the world's population into complying with the wishes of the deep state, a corrupt science that plays a role in favor of the profits and influence of global pharmaceutical corporations, deliberate defamation from scientists and anyone else who expresses a point of view contrary to the dominant narrative of COVID, the marginalization of the unvaccinated with passports and ultimately a period of targeted depopulation of the Great Reset. Large agri-food and pharmaceutical corporations create a breeding ground for disease and the FDA and CDC are easy prey for Big Capital.

The endless chain of Big Pharma lawsuits revealing fraud, deception and cover-ups. Big Pharma spreads fear and increases people's insecurity about pandemics, to feed the thirst for profits, it has bought doctors, academics, magazines, professional and patient organizations, university departments, journalists, regulators and politicians. These are the methods of the mafia. To truly understand the power of Big Pharma, we can understand how the American Legislative Exchange Council (ALEC) works. ALEC, which was founded in 1973 by conservative activists working on Ronald Reagan's campaign, is a super-secret, pay-for-play operation in which corporate lobbyists, including the pharmaceutical industry, hold confidential meetings about "model" bills.

A large portion of these bills are eventually passed and become law. Over the years, ALEC has sponsored many other pro-drug bills that would weaken FDA oversight of new drugs and therapies, limit the FDA's authority over drug advertising, and oppose regulations on financial incentives for doctors to prescribe specific drugs. [childrenshealthdefense.org/defender/system-rigged-big-pharma-political..](https://childrenshealthdefense.org/defender/system-rigged-big-pharma-political..) (12/04/2022)

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## **schmattas**

If the natural form of folate is best for your health, I feel pretty certain that the natural form of B12 is also the best choice for health. Consider the following information I recently learned about: Cyanocobalamin is the synthetic version of B12 and contains trace amounts of cyanide. Usually, the body can detox these small amounts, However, if you have a MTHFR mutation, your body may have trouble with detoxification. Also, some energy drinks or supplements can add more cyanocobalamin (& cyanide) to their products than a person can detox easily. Sooo, since I have the MTHFR mutation, I prefer to take methylcobalamin, which has no cyanide in it. And, unlike cyanocobalamin, methylcobalamin is a naturally occurring form of vitamin B12 that can be obtained through supplements, as well as food sources like fish, meat, eggs, and milk.

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## **Meloton**

I discovered in 2022 that I have the heterozygous MTHFR gene mutation which means I need a lot of folate! Had no idea until my older sister had a blood clot and was tested for it. I'm sure that is why I have had many physical ailments throughout the years. I have my homocysteine, folate, B12 levels checked annually now and take B12 and folate supplements. I eat more red meat and oranges, too. Each one of my family members suffered from an illness/death that I believe stems from this gene mutation. Everyone should get tested for this as well as the labwork that I have now.

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## **emj69036**

The fact that "folic acid" and "folate" are so commonly and imprecisely used causes so much confusion and misdirection to people who are unaware of the important difference between the two nutrients. We need only look at the 4th paragraph in this article about neural tube defects as an example. Makes my head spin. When I see "folic acid" on a supplement label I wonder if does in fact contain folic acid - or might it actually be folate.

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## DocTwinkle

Timely and helpful! I have been monitoring my dad's blood test results and noticed his homocysteine creeping up. I got him a "Methyl B12" lozenge with \*gulp\* folic acid! Just when I thought I knew enough...ugh. SO, back to the health food store to find one coupled with folate instead! Now I will scrutinize his other supplements as well! Thanks, Dr. Mercola!

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## badboy2

I feel that, for folate to be MOST effective, it must be taken at least 3 months BEFORE conception. This is especially true if the lady was on birth control pills prior, where many nutrients (vitamins and minerals) were robbed from the body during the time of taking birth control pills. For the healthiest births, the body needs the buildup of nutrients for repair. and strengthen, so as to have a better birth outcome. This goes for the male partner also.

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## badboy2

Dr. Mercola, .....in a couple of paragraphs in your article I do not know if I am reading it correctly or not. I read it 6 times and it still doesn't look kosher to me. where you stated, "Some of the latest research in this area using data from the Boston Birth Cohort uncovered a positive association between maternal plasma "Folate" levels and autism risk. Autism incidence was greatest in children born to mothers with the highest maternal plasma "folate" levels, exceeding the cutoff suggested by the WHO (>45.3nmol/L)..... did you mean to say (Folic Acid) instead of (Folate) in two places in the comment? Also, two paragraphs down, in the Swiss study where Folate looks like the bad guy again, instead of Folic acid? At least that is the way I am interpreting it. I'm getting old, so I don't know.

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## Ronald\_H

Perhaps someone here knows. I have no source attributions, yet I remember reading that there are receptor sites for methyl folate that can be filled by folic acid. But the problem for those with MTHFR is the folic acid isn't used and blocks the receptor sites from methyl folate which can be used. I'm thinking this means that even a tiny amount of folic acid can make even a large amount of methyl folate unavailable even with the body desperately needing it. I address that by avoiding cheap multivitamins and even some expensive ones that have folic acid and won't buy unless it is absent or the ingredients are instead having methyl folate. I supplement 2000 micrograms of methyl folate each day that I don't get it in my foods. I eat beef liver about one pound per week.

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## Sminkly

Dr. Mercola I have or I beg you for help .A Friend has TB is in isolation how can that be healed,what can we do to help.I understand it is aggressive most be open. Please let us know .Thank you Thank you.

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## Dr. Mercola

UVB radiation. Niels Ryberg Finsen was awarded the Nobel Prize in Physiology or Medicine in 1903 for this.

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A good example of Dr. Mercola's comment. Nearly a century into his life, he contemplates the history of the Gorliz Hospital, in front of the beach of this same Biscayan town. It is the place with the most hours of sunshine in the province, a reason that was decisive in building in this location what was the fourth marine sanatorium in Spain, inaugurated on June 29, 1919. Born from the altruistic vocation of a group of people committed to social work, as a remedy to one of the most virulent plagues of the time: tuberculosis, a plague that already existed in 1911 and would increase throughout the war and the postwar. The sanatorium had in its architectural enclave the main ally to fight against the deadly enemy: the sun, marine iodine and a spacious building, with open galleries, large solariums, covered with hygienic blue and white tiles, a healthy diet and careful care of a group of dedicated religious women who would soon remedy the illness of 110 children who entered during the first year and which by 1935 practically doubled.

The abundant fresh air, together with sunlight, acts as an antiseptic on both the body and the clothing of the patients, destroying all organic impurities that may emanate from both and thus purifying the air that enters the respiratory organs.

The birth of heliotherapy coincided with a greater appreciation of the association of sunlight and health among the general public. The secret to its success is the combined effects of sunlight on the skin that induce the production of nitric oxide and vitamin D. Nitric oxide is not only a messenger in the cardiovascular system and responsible for vascular muscle relaxation, but it is also involved in the innate immune system. Vitamin D is responsible for immune system functions and multiple studies have found an association between immunity to tuberculosis and high levels of vitamin D.

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In the link the children sunbathing on the terraces of the sanatorium. [www.elcorreo.com/tiempo-de-historias/luchar-tuberculosis-2019071916411..](http://www.elcorreo.com/tiempo-de-historias/luchar-tuberculosis-2019071916411..)

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