

# Sanford Medical Center

## Aunt Cathy's Guide To:

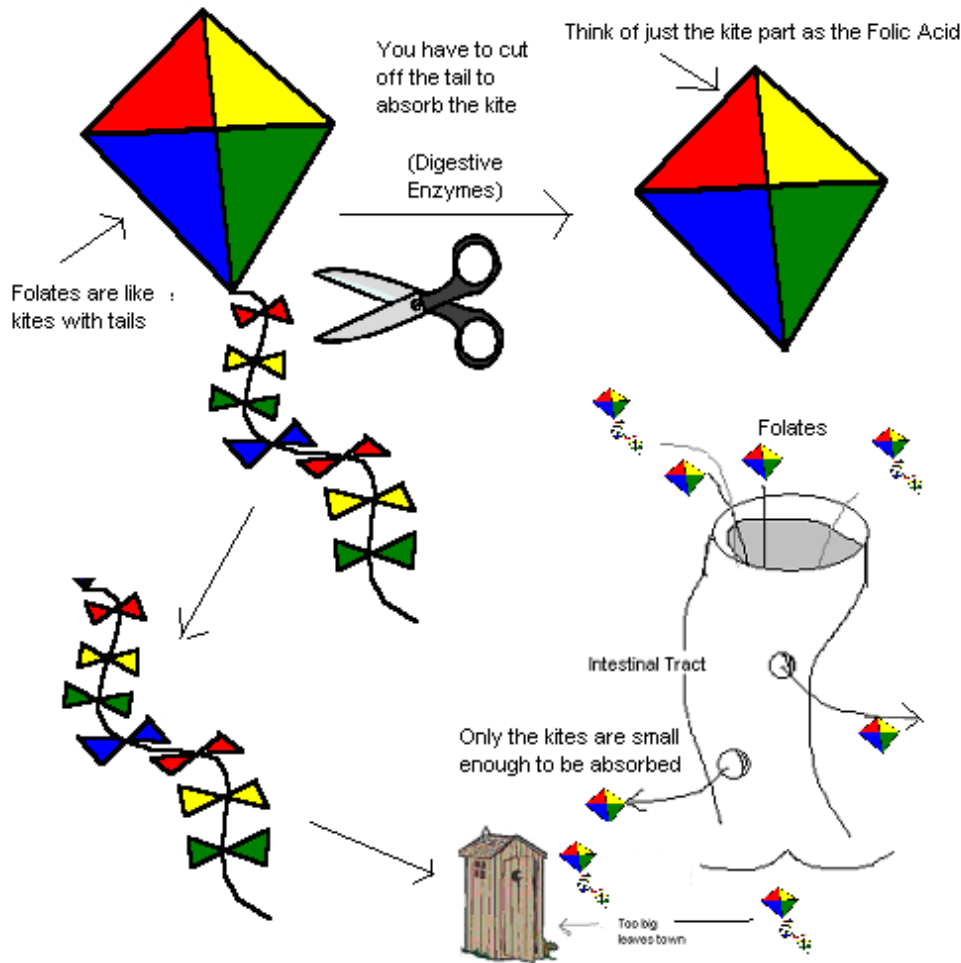
### Folate (Vitamin B9)

#### Part II: Absorption (not scientifically correct)



**Aunt Cathy**

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Naturally Occurring Forms in Foods



"Kite Only" Form Added to Grain Products in the US since 1998



#### Odds and Ends:

Genetic factors: People with the MTHFR gene benefit from the "kite only" form. Found in some people Irish heritage and others as well.

Inadequate folic acid increases the incidence of many birth defects and also stroke, depression and some cancers. It results in an elevated homocysteine level. Correcting deficiency reduces these risks

Chronic use of alcohol or certain medications affects absorption or interacts with folic acid: antibiotics, some seizure medications and antidepressants

Certain medical conditions affect absorption of or requirements: celiac disease, cystic fibrosis, inflammatory bowel disease, bacterial overgrowth, short bowel etc.