

Folic Acid (Vitamin B9) IV Therapy

Patient Information Sheet

Overview

Folic acid, also known as Vitamin B9, is an essential water-soluble vitamin that supports cell growth, DNA synthesis, and red blood cell formation. It is vital for energy, mood regulation, and general wellness.

Potential Benefits

- Supports healthy red blood cell production and helps prevent certain types of anemia
- Promotes DNA synthesis and repair
- Aids in brain function, mood, and concentration
- Supports heart health by helping regulate homocysteine levels
- Essential for pregnancy to support fetal development

Who May Benefit

- Individuals experiencing fatigue or low energy
- Those with certain types of anemia
- People with poor dietary intake or absorption issues
- Women planning pregnancy or who are pregnant
- Anyone seeking overall wellness support

Possible Side Effects

Folic acid is usually well tolerated. Rare side effects may include:

- Nausea or mild stomach upset
- Bitter taste in the mouth
- Trouble sleeping at very high doses

Precautions

- Inform your provider of all medications and supplements you take
- High doses should only be administered under medical supervision
- Use caution if you have seizure disorders, as folic acid can interact with certain medications

Disclaimer

This information sheet is for educational purposes only and is not a substitute for medical advice. Please consult your healthcare provider before starting any supplement or IV therapy.