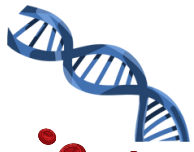


Folate (Vitamin B9)



Why do we need it?

- DNA Synthesis & Repair.
- Red Blood Cell Formation.
- Neurological Function.
- Prevention of Neural Tube Defects.
- Supports Immune Function.



Recommended Daily Allowance (RDA):

- Adults (19+): **400 micrograms/day.**
- Pregnant individuals: **600 micrograms/day.**



= **227mcg**

100g Sunflower Seeds



= **194mcg**

100g Spinach



= **172mcg**

100g Chickpeas



= **181mcg**

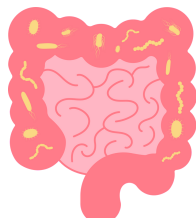
100g Lentils

Symptoms of Deficiency:

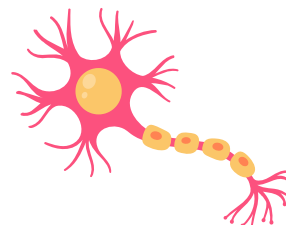
Megaloblastic
Anemia



GI Distress



Neural Tube Defects



Fatigue

