

5 Reasons you should avoid FOLIC ACID & ENRICHED/FORTIFIED FOODS

Scan the QR code (see back side) to **sign Our Petition!**

1. Folic Acid Affects YOU!

Almost every human has one or more DNA mutations related to the body's methylation cycle and energy production. These mutations prevent the breakdown of Folic Acid (the synthetic form of the B9 vitamin Folate). The body's inability to process Folic Acid creates an excess of it in your system, which causes various symptoms and side effects.



2. Symptoms from Folic Acid

- Digestion
- Anxiety
- Depression
- Brain Fog
- High Blood Pressure
- High Cholesterol
- ADHD
- Falling & Staying Asleep
- Feeling Tired But Wired
- Heartburn
- Bloating
- OCD
- Post-Partum Depression
- Allergies

Folic acid side effects are linked to many common prescription medications for allergies, heartburn, sleep, depression, anxiety, high blood pressure, high cholesterol, and ADHD.

3. What To Avoid?

Folic Acid is added to the food supply under the names "Fortified" or "Enriched." Avoid ENRICHED, FORTIFIED & FOLIC ACID on ingredient labels. This includes many breads, flours, pasta, crackers, cereals, cookies, vitamins, electrolyte mixes, shakes, energy drinks, etc. If the ingredients are not listed on the Vitamin B9 section, then assume the food is made using the cheap synthetic version of the B9 vitamin, folic acid.

	Amount Per Serving	% DV
Vitamin B1 (as thiamin mononitrate)	2.25 mg	188%
Vitamin B2 (as riboflavin)	2.55 mg	196%
Vitamin B3 (as niacin)	30 mg	188%
Vitamin B6 (as pyridoxine hydrochloride)	3 mg	176%
Folate (400 mcg folic acid)	680 mcg DFE	170%
Vitamin B12 (as cyanocobalamin)	6 mcg	95%

INGREDIENTS: Enriched unbleached flour (wheat flour, malted barley flour, ascorbic acid [dough conditioner], niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, degenerated yellow cornmeal, salt, leavening thickeners

4. What to look for?

Choose labels which include the descriptions of B6 (P5P (Pyridoxal-5-Phosphate), B9 (Folate) and B12 (Methylcobalamin). Become an ingredient detective!

Supplement Facts		
Serving Size 1 Capsule		
Serving Per Container 60		
Amount Per Capsule	% Daily Value	
Vitamin B6 (as pyridoxal 5-phosphate)	25 mg	1,471%
Folate (as Metafolin®± calcium L-5-methyltetrahydrofolate)	1,360 mcg DFE (800 mcg)	340%

5 Reasons you should avoid FOLIC ACID & ENRICHED/FORTIFIED FOODS

Scan the QR code (see back side) to **sign Our Petition!**

1. Folic Acid Affects YOU!

Almost every human has one or more DNA mutations related to the body's methylation cycle and energy production. These mutations prevent the breakdown of Folic Acid (the synthetic form of the B9 vitamin Folate). The body's inability to process Folic Acid creates an excess of it in your system, which causes various symptoms and side effects.



2. Symptoms from Folic Acid

- Digestion
- Anxiety
- Depression
- Brain Fog
- High Blood Pressure
- High Cholesterol
- ADHD
- Falling & Staying Asleep
- Feeling Tired But Wired
- Heartburn
- Bloating
- OCD
- Post-Partum Depression
- Allergies

Folic acid side effects are linked to many common prescription medications for allergies, heartburn, sleep, depression, anxiety, high blood pressure, high cholesterol, and ADHD.

3. What To Avoid?

Folic Acid is added to the food supply under the names "Fortified" or "Enriched." Avoid ENRICHED, FORTIFIED & FOLIC ACID on ingredient labels. This includes many breads, flours, pasta, crackers, cereals, cookies, vitamins, electrolyte mixes, shakes, energy drinks, etc. If the ingredients are not listed on the Vitamin B9 section, then assume the food is made using the cheap synthetic version of the B9 vitamin, folic acid.

	Amount Per Serving	% DV
Vitamin B1 (as thiamin mononitrate)	2.25 mg	188%
Vitamin B2 (as riboflavin)	2.55 mg	196%
Vitamin B3 (as niacin)	30 mg	188%
Vitamin B6 (as pyridoxine hydrochloride)	3 mg	176%
Folate (400 mcg folic acid)	680 mcg DFE	170%
Vitamin B12 (as cyanocobalamin)	6 mcg	95%

INGREDIENTS: Enriched unbleached flour (wheat flour, malted barley flour, ascorbic acid [dough conditioner], niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, degenerated yellow cornmeal, salt, leavening thickeners

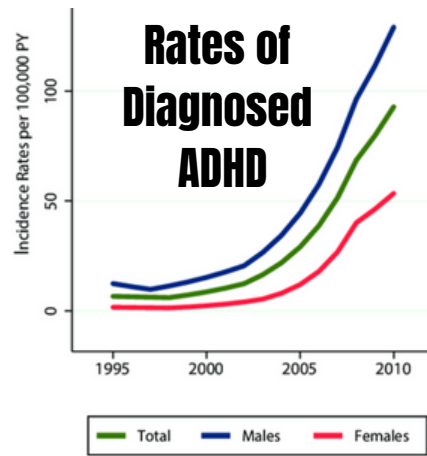
4. What to look for?

Choose labels which include the descriptions of B6 (P5P (Pyridoxal-5-Phosphate), B9 (Folate) and B12 (Methylcobalamin). Become an ingredient detective!

Supplement Facts		
Serving Size 1 Capsule		
Serving Per Container 60		
Amount Per Capsule	% Daily Value	
Vitamin B6 (as pyridoxal 5-phosphate)	25 mg	1,471%
Folate (as Metafolin®± calcium L-5-methyltetrahydrofolate)	1,360 mcg DFE (800 mcg)	340%

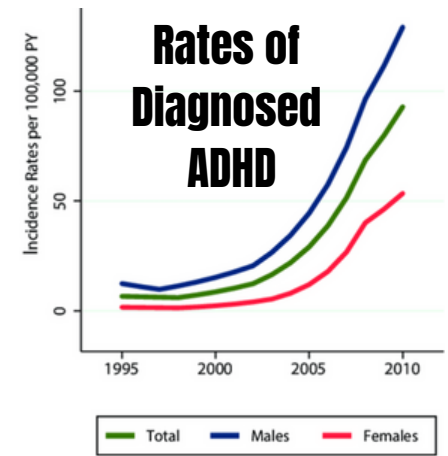
5. History of Folic Acid

In 1993, the government began to mandate fortification of grains with folic acid to help prevent neural tube defects during pregnancy. However, this fortification has had little effect on this risk. At this same time, Autism, ADHD, Depression, and Anxiety trends began to rise. Unfortunately, Folic Acid is now the most abundant substance in our food supply. The Human Genome project was completed in 2001 which helped our understanding of how Folic Acid is affecting our long-term health. It shows DNA mutations affect our ability to digest folic acid (synthetic B9) causing other symptoms and issues. See graph.



5. History of Folic Acid

In 1993, the government began to mandate fortification of grains with folic acid to help prevent neural tube defects during pregnancy. However, this fortification has had little effect on this risk. At this same time, Autism, ADHD, Depression, and Anxiety trends began to rise. Unfortunately, Folic Acid is now the most abundant substance in our food supply. The Human Genome project was completed in 2001 which helped our understanding of how Folic Acid is affecting our long-term health. It shows DNA mutations affect our ability to digest folic acid (synthetic B9) causing other symptoms and issues. See graph.



Want to help?

Let's take this petition to Washington, D.C., to remove Folic Acid, Enriched, and Fortified ingredients from our food supply and be a voice for change! Also, vote with your food choice. Purchase foods that are void of Folic Acid, including enriched or fortified items, and send manufacturers a message for change through choice.

Remove Folic Acid/Enriched/Fortified Ingredients from our Food Supply!

Scan the code and sign the petition today!



For more info visit www.vigeohealth.net/folic

Want to help?

Let's take this petition to Washington, D.C., to remove Folic Acid, Enriched, and Fortified ingredients from our food supply and be a voice for change! Also, vote with your food choice. Purchase foods that are void of Folic Acid, including enriched or fortified items, and send manufacturers a message for change through choice.

Remove Folic Acid/Enriched/Fortified Ingredients from our Food Supply!

Scan the code and sign the petition today!



For more info visit www.vigeohealth.net/folic