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a concentration of blood folate that is © high enough to help prevent neural tube defects. The amount of alcohol and/or folate of food and the time that is© consumed before pregnancy are the most important factors to reach a concentration of blood folate that is © high enough to help prevent tube defects yes. All women, including those who have the MTHFR TT or CT genotype, can benefit from getting 400 micrograms o f folic acid every day, especially before and during early pregnancy. Mthfr! Mthfr! reductase) b © an enzyme that plays a role in the way people process folate. A common variant of the enzyme MTHFR (also © m known as MTHFR TT or CT genotypes) determines how quickly certain people can process folate. Even if women with the process folate MTHFR TT or CT folate more slowly, they can increase their concentration o f folate in the blood enough to help prevent neural tube defects by taking the recommended dial amount (400 micrograms) of foliate [11]. Research studies have shown that in populations with high levels o f MTHFR TT or CT genotype, getting 400 micrograms of folic acid daily before and during early pregnancy can reduce the risk of deficiencies in the neural tube up to © 85% [5, 11]. Many studies have shown that the consumption o f folic acid increases the concentration of folate in the blood. For example, a research study has shown that after three months o f 400 micrograms caloric acid consumption, the concentrations of blood folate have increased by 250% among women with the MTFHR genotype TT [9]. Create, K.S., L.B. Bailey, and R.J. Berry, food fortification with acid, their history, effect, concerns and future directions. Nutrients, 2011. 3(3): p. 370-84 From Wals, P., et al., reduction o f neural tube defects after fortified acidic acid in Canada. N Engl J Med, 2007. 357(2): p. 135-42 From Wals, P., et al., Spina bifida before and after the canonical acid fortification in Canada. Birth Defects Res A Clin Mol Teratol, 2008. 82(9): p. 622-6 Czeizel, A.E. and I Dudas, Prevention of the first occurrence of neural tube defects by supplement of periodic vitamins. N Engl J Med, 1992. 327(26): p. 1832-5 Berry, R.J., et al., Prevention o f neurological fluid tube defects in China. China-US Collaborative Project for Neural Tube Defect Prevention. N Engl J Med, 1999. 341(20): p. 1485-90 Neural Tube Defensive Prevention: Results Vitamin Study of the Mother Research Council © Hint, Lancet. 1991. P. 131-7. Tinker, S.C., et al., habitual acid intake: a modeling exercise that evaluates changes in na Fanny in Food and Supplements, National Health and Nutrition Examination Survey, 2003-2008. Public Saúde Nutr, 2012. 15 (7): p. 1216-27. Seyoum, E. and J. Selhub, properties of food folates determined by stability and susceptibility to the hydrolase of intestinal pterylglutamate hydrolase. J Nutr. 1998. 128 (11): p. 1956-60. Crider, K.S, et al., MTHFR 677C> Genotype T is associated with folate and homocysteine concentrations in a large test. based on the double-blind supplementary Formality. AM J Clin Nutr, 2011. 93 (6): p. 1365-72. Shelnutt, K.P., et al., Methylenetetrahydrofolate reductase 677CÀ c> T polymorphism affects the DNA methylation in response to controlled folate ingestion in young women. J Nutr Biochem, 2004. 15 (9): p. 554-60. Crider, K.S., et al., Population red blood cell folate concentrations for predention of neural tube defects: bayesian model. BMJ, 2014. 349: p. G4554. G4554.

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