

Folic Acid in Diabetes Management

Folic acid is a B-vitamin that plays a crucial role in bodily functions, including cell growth and development. Adequate folic acid intake is particularly important for individuals with diabetes.

Key Benefits

- Improved Blood Sugar Control:** Folic acid may help regulate blood sugar levels.
- Reduced Risk of Complications:** Adequate folic acid intake can help lower the risk of heart disease, stroke, and nerve damage.
- Enhanced Cognitive Function:** Folic acid may support better brain health and cognitive function.

How to Increase Folic Acid Intake

- Dietary Sources:** Incorporate folate-rich foods like leafy green vegetables (spinach, kale), citrus fruits, legumes, and fortified cereals into your diet.
- Supplements:** Consider taking folic acid supplements, especially if you have specific dietary needs or deficiencies.



Consulting with a Healthcare Professional

Before making significant changes to your diet or starting any new supplements, it's essential to consult with a healthcare professional or registered dietitian. They can provide personalized advice and help you determine the optimal intake of folic acid for your individual needs.

Let ADS Support Your Diabetes Journey

At Advanced Diabetes Supply (ADS) and US MED, we're committed to providing you with the highest quality diabetes supplies and care. From glucose meters to insulin pumps, we offer a wide range of products to help you manage your diabetes effectively.

We're committed to your health. Contact us today for more information.



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