

FA-8 (folic acid) basics

Makes healthy blood cells. FA-8 (folic acid) is the only way to treat folate or folic acid deficiency, and is easily accessible over the counter.

What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.



† Data on frequency of side effects is not available.

Tips from pharmacists

- You can buy strengths 0.8 mg (800 mcg) or less over the counter. You need a prescription to get the 1mg tablets.
- If you're pregnant, you should take at least 0.6 to 0.8 mg a day to protect against birth defects.
- Your doctor needs to make sure you don't have any other blood problems or need other supplements before you take FA-8 (folic acid), especially if you have certain types of anemia.

Risks and warnings

Contact your doctor if you experience any of these.

Allergic reaction

Rarely, FA-8 (folic acid) has been reported to cause allergic reactions, which can range from skin rash to difficulty breathing. Call your doctor and get medical care right away.

Gasping syndrome

Premature babies should not be given the injectable form of FA-8 (folic acid) if it contains benzyl alcohol, a common preservative. Benzyl alcohol can be very dangerous to premature babies. Talk to your doctor if you have questions.

Drug interactions

FA-8 (folic acid) can interact with certain seizure/epilepsy medicines, which can mean needing a higher dose of the seizure medicines than what you normally take. Talk to your doctor first before taking FA-8 (folic acid) if you take medicine for seizures/epilepsy.