

# Theme of the month: Folic Acid and Vitamin B12

**FOLIC  
ACID**



**VITAMIN  
B12**



**IMPORTANT  
BUT UNKNOWN!**

**Folic Acid and Vitamin B12 are two closely related molecules that are essential to the balance of several of the body's metabolic processes.**

Recent studies show that 40% of the population is deficient in Folic Acid and Vitamin B12, with vegetarians in particular lacking Vitamin B12.

A reduction of these values can occur at various times throughout our life and in particular pathological conditions (anaemia, neuropathology, gastrointestinal pathology, etc.), and in some cases can lead to psycho-physical imbalances in the long term.

**The regular blood tests we all have should also include checks on these substances.**

## **Have the CDC Folic Acid and Vitamin B12 check-up**

No appointment needed, no letter from your doctor, just pop in to the clinic - on an empty stomach, any day from 7.30 to 9.30 a.m.

- Folic Acid
- Vitamin B12

**PROMOTIONAL PRICE  
IN OCTOBER**

**€ 18**

*If the results are outside the acceptable range, contact your GP*