

## **Folic Acid**

Folic Acid 5mg tablets have been difficult to obtain in Saskatchewan pharmacies.

Folic Acid products on SK Formulary: <sup>i</sup>

APO-FOLIC 5MG	TABLET	00426849	Apotex
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Folic Acid Products listed in the Health Canada Drug Product Database: <sup>ii</sup>

APO-FOLIC 5MG	TABLET	00426849	Apotex
EURO FOLIC 5MG	TABLET	02285673	EURO-PHARM INTERNATIONAL CANADA INC.

With the recent shortage, now might be a good time to reassess the need for folic acid supplementation.

## **Folic Acid Uses**<sup>iii</sup>

- Megaloblastic anemia
- Macrocytic anemia
- Tropical sprue
- Prenatal / perinatal use to reduce risk of fetal neural tube defects
- Prevention of methotrexate toxicity
- Treatment / prevention of folate deficiency
- Prevent hyperhomocysteinemia

## **Notes**

High-dose folic acid supplementation alone or in combination with other B vitamins has been used to lower serum homocysteine levels, in hopes of reducing cardiovascular disease risk. However, several large randomized clinical trials found no beneficial effects of folic acid supplementation in reducing cardiovascular risks.

There is increasing evidence that high-dose folic acid supplementation is associated with an increased incidence of certain cancers. <sup>iv</sup>

## **Alternatives**

Substitute five 1mg tablets of folic acid for one 5mg tablet.

Make capsules from bulk powder or refer to compounding pharmacy to do same.

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<sup>i</sup> Saskatchewan Drug Formulary

<sup>ii</sup> Health Canada Drug Product Database

<sup>iii</sup> eCPS – CphA folic acid monograph

<sup>iv</sup> Pharmacists Letter; January 2010;Vol: 26