

How Does A Vitamin Supplement For B-Complex Or Folic Acid Help Blood Vessels?

Scientists have learned that a certain molecule, called “homocysteine (homo-sis-teen)”, may be elevated in the blood when a person has a low level of vitamins B6, B12, or folic acid. Elevated homocysteine in some older individuals may increase the risk for stroke, blood vessel damage, and perhaps dementia. Most people who eat a normal diet will consume enough B-vitamins and folic acid to protect their heart and blood vessels. Some people need extra vitamins.

Vitamins B6, B12, and folic acid are commonly included in most inexpensive, over-the-counter vitamin supplements. People who take a daily standard vitamin should not have side effects or complications from taking this medication. In this instance, it is better to be “safe than sorry”. We encourage all middle-aged and older persons to take a vitamin that includes B-vitamins and folic acid in order to reduce the risk of vascular disease. The vitamin does not assure protection; however, it is a simple step that can be taken to reduce a risk.

Recommendations:

1. Eat a balanced, healthy diet.
2. Take an over-the-counter vitamin that includes folic acid and B-complex vitamins.
3. Reduce other risk factors for heart and blood vessel disease through exercise and control of blood pressure.