

Vitamin B9 (Folate)

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Vitamin B9 (Folate) Latest News

According to a recent study by the All-India Institute of Medical Sciences (AIIMS), nearly 41 per cent of urban adolescents in government schools across north India suffer from folate or vitamin B9 deficiency, which might be affecting their growth and development.

About Vitamin B9 (Folate)

- Folate is the natural form of vitamin B9, **water-soluble and naturally found** in many foods.
- It is needed for **red blood cell formation** and for healthy cell growth and function, crucial for children in their developmental years.
- It is needed by **cells to carry oxygen** throughout the body.
- **Foods containing Vitamin B9:** Green leafy vegetables (like spinach and fenugreek), legumes (lentils, chickpeas), citrus fruits, nuts, whole grains and fortified cereals.

Role of Vitamin B9 in Children

- Vitamin B9 is essential for **supporting rapid growth phases in children**.
- Folate is involved in the **synthesis and repair of DNA and RNA**, which are the building blocks of genetic material.
- It aids in the **production of red blood cells** and development of the **central nervous system** during early childhood.
- In growing children, folate ensures **proper brain function and emotional health**.
- It is also **crucial for tissue growth** and cellular repair, processes that are continuous during childhood.
- If there isn't enough folate, it **can lead to anaemia**, when the body lacks enough red blood cells.

Vitamin B9 (Folate) FAQs

Q1: What is folate 9 used for?

Ans: Folate 9 is used for the prevention and treatment of deficiency of vitamin B6, B9, and B12.

Q2: What causes folate deficiency?

Ans: Folate deficiency caused by a lack of dietary folate is more common in people who have a generally unbalanced and unhealthy diet.

Source: [IE](#)

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