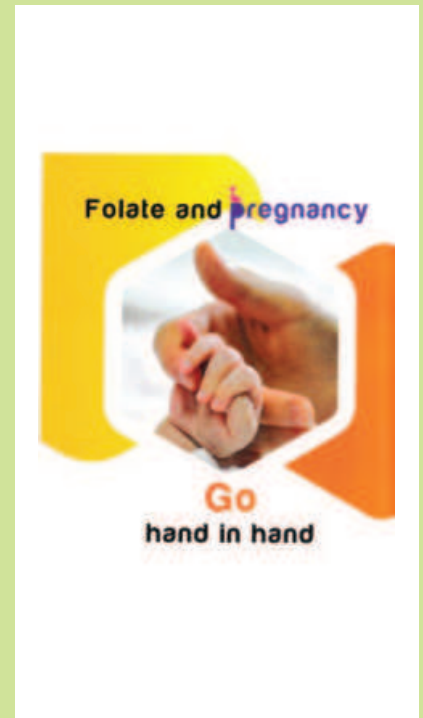


Folate EGGS to keep you healthy



A variation of B vitamins, folate is found naturally in food. As your body cannot naturally form folate, you need to get it from your diet. Folate maintains genomic stability by regulating DNA biosynthesis, repair and methylation. In plain words, it helps in making DNA and other genetic material. That includes helping cells divide. Folic acid, which is found in supplements and fortified foods, is the synthetic version of folate.

Folate-enriched eggs have been launched in Bangladesh for the first time by Purnava, a subsidiary of Renata Limited — a pharmaceuticals and animal health product company.

These nutritious and healthy eggs will be available in superstores at Tk 220 per dozen. Use of folate in our bodies To make and repair DNA.

To help cells grow, divide, and work properly.

To produce certain proteins.

To help red blood cells mature.

Folate is one of the 13 essential vitamins. Breaking down nutrients from food, and developing blood cells, DNA and RNA — folate plays a key role in all of them. Researchers suggest that during the adolescence period for children, folate is essential for healthy growth and plays a crucial



role during pregnancy and in prenatal development.

A recent study by the International Centre for Diarrhoeal Research, Bangladesh (ICDDR, B) and Data for Impact (D4I) found that 1.7 crore married women are suffering from malnutrition, which can pose a risk to maternal and child health. The folate eggs, provided by Purnava and the latest addition to its product basket, can serve as a key component to counteract malnutrition in women and children.

Health problems caused by folate deficiency

Anaemia.

Increased risk of heart disease and certain cancers.

Developmental irregularities in

infants (if pregnant mothers do not get enough folate).

If you think you have a folate deficiency, your doctor may ask about symptoms like fatigue and unexplained weakness before suggesting a blood test. Dietary source of folate

You can find folate in both protein and plant-based food —

- Spinach
- Kale
- Broccoli
- Avocado
- Citrus fruits
- Eggs
- Beef liver

Md Sirajul Hoque, director of the animal health division of Renata Ltd said, “We have developed the folate

eggs for the good health of consumers. Purnava earlier introduced Omega-enriched and Vitamin E-enriched eggs and both got a good response.”

Letting your body change folic acid to folate organically will take time; for fast and efficient results, eating folate eggs can be an optimal option. Purnava launched its folate eggs early this week. The clinically tested Purnava's folate-enriched eggs contain at least 35 percent more of the vitamin than ordinary eggs, which is the 20 percent of the recommended daily allowance. The eggs have been regularly tested at their laboratories using high-performance liquid chromatography.

— LS Desk