


Information technology class 9 question answer

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Information technology class 9 question answer

Class 9 information technology chapter 1 question answer. Class 9 science chapter 10 information communication technology question answer. Class 9 information technology chapter 3 question answer. Information technology code 402 class 9 question answer. Information technology class 9 chapter 1 communication skills question answer. Class 9 computer book information technology question answer.

Correct answer: correct answer: correct answer: correct answer: response: a folic acid is a vitamin B. If a woman gets enough folic acid before and during early pregnancy, can help prevent tube defects Neural (main defects of the brain or spine of the child). Women need 400 micrograms of folic acid every day. Women can get folic acid taking a vitamin with 400 micrograms of folic acid in it or eating fortified food with folic acid (like some cereals for breakfast and food made with flour enriched with vitamins). The defects of the neural tube are serious defects of the birth of the brain and the spine. They develop very soon in pregnancy when the neural tube, which becomes the brain and the spine, does not close properly. Folic acid is necessary for the neural tube to close properly. Starting the intake of folic acid after time in the development that the neural tube should be closed (after 6 weeks of pregnancy) does not prevent the defects of the neural tube. The two defects of the most common neural tube are bifida plug (strikes the spine) and anencephalzo (hits the brain). CDC urges all women able to be pregnant to take 400 micrograms of folic acid every day to help prevent the defects of the neural tube (defects of the important birth of the brain or of the baby's spine). The terms $\text{C}_6\text{H}_8\text{N}_2\text{O}_6$ "acidic acid" and $\text{C}_6\text{H}_7\text{N}_2\text{O}_6$ "folate" are often used interchangeably. However, the folate is a general term used to describe vitamin B9 which arrives in different forms. These include: folic acid, dihydrofolate (DHF), tetrahydrofolate (THF), 5-methyltetrahydrofolate (5-MTHF), and 5-methyltetrahydrofolate (5-mthf) [1]. Folic acid is the synthetic shape (man made) which is used in vitamin and food supplements Fortified as rice, pasta, bread and some breakfast cereals. Folic acid has proven to be effective in preventing neural tube defects in many scientific studies and in countries around the world [2-6]. Folate can be Found in foods like green leafy vegetables, citrus fruits and beans. Women should eat a balanced diet of food rich in a natural Fol. However, it is very difficult for most Women get the recommended daily amount of folate through food alone [7]. The effectiveness of supplements containing a certain form of folic acid than folic acid (such as 5-MTHF, or labeled $\text{C}_6\text{H}_8\text{N}_2\text{O}_6$ "failed") to prevent The defects of the neural tube has not been studied. The folate in the food is easily divided into warmth and light. Folic acid is the most stable shape of vitamin B9 heat and is therefore best suited for the food since many fortified products, such as bread, are cooked [8.] folic acid has proven to be effective in preventing neural tube defects in randomized control tests, community intervention programs and food fortification programs. [2-6] Folic acid is easily absorbed in the body and studies have shown that it can increase blood folate concentrations through populations (including those with mthfr TT variant-see below for additional information) [9, 10.] blood folateIt is the quantity of folate measured in the blood. When a woman becomes folic acid through foods or supplements, she increases her concentration of heavenly blood. When the concentration of heavenly blood is too low, there may be medical problems. Very low blood foat concentrations can cause anemia form called megaloblastic anemia. Having enough folate in the blood can help improve a woman's health and can reduce the risk of having a pregnancy affected by a neural tube defect [11]. Once a woman starts to take 400 micrograms of folic acid every day you can take several months to reach a concentration of foat of the blood that is high enough to help prevent the defects of the neural tube. The quantity of folic acid and / or perforated food and the time period is consumed before pregnancy are the most important factors in achieving a highly high foat concentration to help prevent neural tube defects. Yes. All women, including those who have the genotype of MTHFR TT or CT, can benefit from obtaining 400 micrograms of folic acid every day, especially before and during early pregnancy. MTHFR (methyltetrahydrofolate reductase) is an enzyme that plays a role in the way people process the folate. A common variant of the enzyme of MTHFR (also known as the MTHFR TT or CT genotypes) determines how quickly some people can process the folates. Although women with MTHFR TT or genotype of the CT genotype are the folates plus slowly, they can increase their concentrations of curtains of blood enough to help prevent the defects of the neural tube by taking the recommended daily amount (400 micrograms) of Folic acid [11]. Research studies have shown that in populations with high levels of the MTHFR TT or CT genotype, obtaining 400 micrograms of daily folic acid before and during pregnancy in advance can reduce the risk of neural tube defects up to 85% [5, 11]. Many studies have shown that folic acid consumption increases blood foat concentrations. For example, a research study has shown that after three months of consuming the folic acid of 400 micrograms, the concentrations of blood foats have increased over 250% among women with the MTHFR TT genotype [9]. Cryer, K.S., L.B. 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