



IDA-TALLINNA KESKHAIGLA

AS Ida-Tallinna Keskhaigla  
Ravi 18, 10138 Tallinn  
Rg-kood 10822068  
Tel 666 1900  
E-post [info@itk.ee](mailto:info@itk.ee)  
[www.itk.ee](http://www.itk.ee)

## Folic acid in serum

**Folic acid is necessary for cellular growth and multiplication, especially for the normal functioning of haematopoiesis.**

During pregnancy, it's necessary for the development of the fetus. Folic acid is found in most foods, especially plant-based food. It's recommended to fast for 8-10 hours before the test.