Figure 2. Mean total serum folate and mean serum unmetabolised folic acid µg/L pre and post regime C bread.

This graph illustrates mean total serum folate and mean serum unmetabolised folic acid concentrations in a group of healthy adult subject (n=19) exposed to a folic fortified bread for 1-week. Subject were pre-saturated with folic acid supplements for 14-weeks prior to the bread. The bread was fortified with 200µg folic acid per slice, which was administered twice a day for seven days. The samples shown here were collected on the 7th day.