**Premise**

Folic acid for pregnant women provides a wide range of benefits which includes reduces birth defects associated with brain and spinal code (Angelica, 2017). According to World Health Organization, folic acid helps reduce birth defects in infants. WHO recommends pregnant women to consume 400 µg (0.4 mg) for at least thirty days of conception (Angelica, 2017). Taking folic reduces risks of birth defects related to the brain and spinal cord and increases the chances of survival of infants. This helps the mother and family members avoid excess costs that would be required to fix the defects after birth.

A study conducted in Korea with pregnant women at 12-18 gestation weeks, showed that serum foliate was associated with low risk of reported atopic dermatitis in offspring after 24 months of birth (As cited by McStay, Prescott & Palmer, 2017). However, the study did not reveal an association between folic acid and late pregnancy between 29-42 weeks of gestation. This can be explained by differences between countries. Additionally, folic acid increases vitamin content in both the baby and mother regales of whether there is enough food to provide natural foliates and vitamins. The acid plays a vital role in production of red blood cells in babies (Barua, 2014), which makes it essential for pregnant mothers to start taking foliates and increase intake in their system at an early stages of their pregnancies. This practice leads to improved brain and spinal of children.

The aim of this research is, therefore to shed light on the effects of using folic acids when consumed by pregnant women with emphasis on women in undeserved regions of the United States of America. The study will play a significant role by bringing to light the light the required amount of folic acid to be consumed at a given period by pregnant women. The study will promote the consumption of folic by explaining its benefits while at the same time restricting its intake by exposing the detrimental effects of too much consumption. This will help women reap maximum benefits of folic vitamin supplement. Findings from the study will provide useful information related to folic supplements to women, healthcare practitioners and researchers interested in the topic by.