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benefits for four years, as 'difficult.' A new study has shown that around 2,000 cases of serious birth if the Government had followed advice to fortify flour with folic acid. add folic acid to cereal grain and flour, with many health experts believing the UK should follow suit. no such thing as overdosing on the quantity you get in a tablet over-the-counter, so it is incredibly safe to take. If you are of child-bearing age, thinking about pride and see, you can take it to safely, three months for six months onwards. giving the public information about what to do in the event of a gun attack. though detectives say the chances of being caught in similar situations are very unlikely.