

### **LOW FOLATE LEVELS ON RECENT BLOOD TEST**

Thank you for having your recent blood tests.

Your blood tests show your folate levels are low.

This is a vitamin found in most foods. Good sources of folate include broccoli, Brussels sprouts, asparagus, peas, chickpeas and brown rice. If you do not regularly eat these types of foods, you may develop a folate deficiency

We have generated a prescription for you which has been sent electronically to your nominated pharmacy for a four month course of folic acid.

This should be sufficient to replace your folate levels.

More information can be found by visiting [www.nhs.uk](http://www.nhs.uk) and searching for 'folate Deficiency' in the search box

Please call in four months time to book a folate blood test

If you have any queries about this letter please contact the surgery

Yours sincerely

**Wellington Medical Practice**

**Do we have your up to date contact details?**

**Please let us know if your details change to ensure that our records are correct.**