An application was submitted for the inclusion on the Model List of a new formulation of folic acid (400 µg tablet) for periconceptional supplementation in women of childbearing age as a public health intervention for prevention of neural tube defects (NTDs). Folic acid is the synthetic form of folate (water-soluble vitamin B9), which is used in dietary supplements and added to foods. The bioavailability of folic acid from supplements and folic acid-fortified foods appears to be substantially higher than folate bioavailability from consumption of natural folate-rich foods such as beef liver, leafy green vegetables, oranges and legumes (1). The most prevalent types of NTDs are anencephaly, encephalocele and spina bifida. Congenital anomalies (also referred as birth defects) affect an estimated 1 in 33 infants and result in approximately 3.2 million birth defect-related disabilities every year. The NTD burden was recently assessed in 18 countries in the six WHO regions. The overall burden calculated using the median was 1.67/1000 live births for total NTD burden, 1.13/1000 for spina bifida, 0.25/1000 for anencephaly and 0.15/1000 for encephalocele (2). It was also estimated that, in low- and middle-income countries, about 190 000 babies are born each year with an NTD. Studies have shown that the occurrence of NTDs can be significantly reduced by increasing the consumption of folic acid by women during the periconceptional period. This has led WHO to recommend that a woman who has not previously had a fetus diagnosed as affected by an NTD or given birth to a baby with an NTD should consume 400 µg of folic acid daily, from the time she begins trying to conceive until 12 weeks of gestation (3). The Expert Committee noted that the 18th EML currently includes folic acid tablets in 1 mg and 5 mg strengths, and folic acid (400 µg) in combination with iron (60 mg elemental iron) (4). The application asserted the importance for women who have difficulties in taking or who choose not to take iron supplements, or for whom iron is not recommended for other reasons, to have the option of consuming folic acid alone in the recommended dose for the prevention of first occurrence of NTDs. The application described a Cochrane systematic review of five trials involving 6,105 women that assessed the effects of periconceptual folic acid supplementation to reduce NTDs. Two of the included trials involved 299 women who received either folic acid (360 µg or 4 mg) or no treatment/placebo. Overall, there was a statistically significant reduction in risk of recurrence of NTDs (RR 0.32, 95% CI: 0.08–1.34) in patients receiving folic acid supplementation (5). Supplementation was
started before pregnancy and continued throughout the first trimester. The women in both trials had a history of previous pregnancy affected by NTD. In the trial that involved the 360 μg folic acid dose, the difference between groups was not statistically significant. The Expert Committee noted that for women with a history of NTD-affected pregnancy, the WHO-recommended dose of folic acid supplementation for prevention of recurrent NTD is 5 mg daily. Studies have demonstrated an inverse relationship between the risks of NTDs and maternal red blood cell (RBC) folate. Dose-related median increases in RBC folate concentrations have been measured in a double-blind, randomized, controlled trial of several folic acid doses (100, 200 or 400 μg), with results as follows: 100 μg folic acid/day: 67 μg/L (95% CI: 43–120); 200 μg folic acid/day: 130 μg/L (95% CI: 108–184); and 400 μg folic acid/day: 200 μg/L (95% CI: 125–312) (6). A 1995 study (7) showed that women with RBC folate values below 150 μg/L had an NTD risk of 6.6 per 1000 births. When RBC folate exceeded 400 μg/L, the risk was only 0.8 per 1000 births, and the overall population risk was 1.9 per 1000 births. A cohort study conducted in China evaluated the prevalence of NTDs in fetuses and in infants born to women taking 400 μg folic acid (n = 130 142) or receiving no treatment (n = 117 689) at any time before or during pregnancy. Supplementation with 400 μg folic acid daily led to a 79% reduction in the risk of a fetus or infant having an NTD (8).