

## Scientists discover that folic acid can alleviate the damage caused by excessive drinking

**LOCATION:** Seville

**DURATION:** 1'21''

**SUMMARY:** The massive consumption of alcohol in short periods of time can lead to damage in lipids, in proteins and even in DNA. Faced with this fact, researchers from the Faculty of Pharmaceutics at the University of Seville have shown that the consumption of folic acid, a strongly antioxidant substance, can help to alleviate these negative effects.

**VTR:**

These scientists from the University of Seville have discovered a substance that mitigates the cellular damage caused by excessive alcohol consumption. This is it, folic acid.

**OLIMPIA CARRERAS**  
Seville University Professor

*"Damage to lipids, to proteins, to DNA..."*

**MARÍA LUISA OJEDA**  
University of Seville Researcher

*"Folic acid is a hydro soluble vitamin that we have to consume in our diet, we chose it because it's an antioxidant."*

And it's this quality that is used to combat the strongly oxidative effect that alcohol has when consumed in large quantities and in a short period of time. Above all, in adolescence, in examples like public drinking.

**MARÍA LUISA OJEDA**  
University of Seville Researcher

*"They have effects on DNA, and then in the long run they're going to have repercussions."*

Scientists have tested the effect of folic acid on lab animals.

**FÁTIMA NOGALES**  
University of Seville Researcher

*"Injecting them with a sizeable dose of alcohol and then we gave them folic acid in their diet."*

In adolescent and inebriated rats that were supplied with folic acid, the damages on proteins, lipids and DNA were lesser. So, while waiting for clinical trials on humans, this is what they propose...

**TOTAL OLIMPIA CARRERAS**  
University of Seville Professor

*"A way of preventing this kind of drinking or this binge could simply be administering a little bit of folic acid."*

Quite simply, a dietary supplement and in measured doses. While waiting for clinical trials, they're already studying the "anti-septic" benefits of the mineral: selenium.

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