

Directions: Take one (1) tablet daily with any meal for maximum daily results, or as directed by your healthcare provider. Do not exceed recommended dosage.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

Unconditionally guaranteed for purity, freshness and label potency. No Added Sugar, Salt, Yeast, Preservatives, Artificial Flavors or Colors.



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**21ST
CENTURY®**



DIETARY SUPPLEMENT

**Folic Acid
400 mcg**

Supports Cardiovascular Health*

250 Tablets

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 250

Amount Per Serving	% DV
Folic Acid	400 mcg 100%
Calcium (from Calcium Carbonate) 230 mg	23%
Percent Daily Value (DV).	

Other Ingredients: Cellulose, Silicon Dioxide, Stearic Acid, Croscarmellose Sodium, Magnesium Stearate.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

21ST Century HealthCare, Inc.
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21ST Century® ... for a healthier future.

Folic Acid 400 mcg

Folic acid is an important B vitamin that supports heart health. Women who consume healthful diets with adequate levels of folic acid may reduce their risk of having a child with birth defects of the brain or spinal cord. Folic acid intake should not exceed 250% of the DV(1,000mcg).*

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