

CODE 0476

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ACTUAL SIZE

CAUTION: PLEASE DISCARD THE INEDIBLE FRESHNESS PACKET ENCLOSED.

This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

health food stores nationwide.

SUGGESTED USAGE: As a dietary supplement, take one tablet daily, preferably with meals.

Folic Acid, also known as Folate, is a member of the B-vitamin family and is considered an essential nutrient. It is important for the regulation of homocysteine levels in the body. Homocysteine is an amino acid that is a by-product of methionine conversion and is harmful at high levels. B-12 is included as a synergist. Look for this and other fine NOW® products in health food stores nationwide.



Folic Acid

with Vitamin B-12

800 mcg

250 Tablets



A Dietary Supplement

Vegetarian Formula

This product contains 250 tablets. The tablets are white and round. The tablets are not to be used as a substitute for a balanced diet. The product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%Daily Value
Folic Acid	800 mcg	200%
Vitamin B12 (as Cyanocobalamin)	25 mcg	420%

Other ingredients: Cellulose, Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source).

Folic Acid is a member of the B-complex vitamins. This tablet is guaranteed full potency.

Contains no yeast, wheat, soy, gluten, sugar, salt, milk or corn.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60010

Visit us at www.nowfoods.com