



Folic Acid

B COMPLEX VITAMIN

800 mcg

with Vitamin B-12

• **Supports Healthy Homocysteine Levels***

250 Tablets

A Dietary Supplement
Vegetarian Formula



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%Daily Value
Folic Acid	800 mcg	200%
Vitamin B-12 (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 or milk.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

www.nowfoods.com

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.

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

CAUTION: PLEASE DISCARD THE INEDIBLE FRESHNESS PACKET ENCLOSED.



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