

Folic Acid is an essential B Vitamin that supports heart health.* In addition, women who consume healthful diets with adequate folic acid may reduce their risk of having a child with birth defects of the brain or spinal cord.



 Nutrition Questions or Comments?
Call 1-800-433-2990
Mon.- Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit
www.NaturesBounty.com

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



Prod. No. 1403 B1400 11F

NATURE'S  BOUNTY®

Folic Acid

400mcg

**Promotes
Cardiovascular
Health***



**1 PER
DAY
TABLET**

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Folic Acid	400 mcg	100%

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Maltodextrin, Vegetable Stearic Acid. Contains <2% of: Silica, Vegetable Magnesium Stearate.

Suitable for Vegetarians

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Carefully Manufactured by **NATURE'S BOUNTY, INC.**
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250 tablets VITAMIN SUPPLEMENT