

Directions: As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a healthcare practitioner.

Bluebonnet's Folic Acid 400 mcg Capsules contain pure folate in its purest crystalline form. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

Manufactured by
Bluebonnet Nutrition Corporation
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Sugar Land, TX 77478 USA
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Bluebonnet



Folic Acid 400 mcg

Dietary Supplement



180 Vegetable Capsules



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Folate (as folic acid)	400 mcg	100

Daily Value based on a 2,000 calorie diet.

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700